

Swinging Threes



AGRICULTURAL EXTENSION SERVICE
 UNIVERSITY OF MINNESOTA ---- U.S. DEPARTMENT OF AGRICULTURE
 INSTITUTE OF AGRICULTURE, ST. PAUL 1, MINNESOTA

ABOUT THIS BOOKLET

For more than 10 years "Luke" has directed parties for Minnesota 4-H'ers at state 4-H Junior Leader Conferences and the Minnesota State Fair. Edmund "Luke" Lukaszewski is the collector and author of this booklet at the request of the Minnesota Agricultural Extension Service and his 4-H and YMW friends throughout the state.

"Luke" has used "Swinging Threes" at parties and at recreation training sessions throughout the Upper Midwest. He has worked with student socials at St. Olaf, Augsburg, U. of Minnesota and a wide range of church groups, farm groups and those who make their homes in cities. He has assisted the St. Paul Red Cross in the social therapy program at Fort Snelling Veteran's Hospital. Wherever Swinging Threes have been used, "Luke" has been asked to make his growing collection available.

If you have questions, corrections or suggestions on this booklet write to Edmund Lukaszewski, 3713 York Ave. N., Minneapolis 22, Minn., or to the State 4-H Club Office, Agricultural Extension Service, University of Minnesota, St. Paul 1, Minn.

"Luke" has asked that a special word of appreciation be included to the many recreation leaders around the nation whose favorites have been added to this collection. Marjorie and Eric Clamons, Zora and Ralph Piper and Peter Olsen from the Twin City area have given special encouragement.

We hope you will have fun with Swinging Threes.

-- Minnesota State 4-H Staff

Copies of this booklet are available at 50¢ each, which includes postage, from:

Bulletin Room, Institute of Agriculture, University of Minnesota, St. Paul 1, Minnesota

Ask for Swinging Threes, 4-H M-95

FOREWORD

SWINGING THREES is a collection of folk games and dances, playparty games, and circle mixers using three people instead of couples. Swinging Threes is usable in mixed groups of uneven numbers like 4-H Club gatherings, church youth socials, mixed age groups like family church socials and PTA family events. These mixers add variety to college parties and help those taking part meet new people.

Use of Swinging Threes will promote spontaneous participation when the recreation leader encourages couples to go to the sidelines and invite a third person to come with them on the floor. Such an invitation will help overcome the shyness of the "wallflowers".

The pattern variations and adaptations in Swinging Threes will serve to stir the imagination of recreation program leaders. You can obtain the music for Swinging Threes listed in the sources through your library. Do not rely on records alone. Encourage your local pianist, accordionist, or violinist to learn the tunes and have fun with "live music". Build your own library of books and records but invite your local talent to add interest to your programs.

Why not try a Swinging Threes book party? Assign the various games and tunes in this collection of Swinging Threes to separate threes and have them lead the activity while the group "follows along". That is the principle of "Each one teach one", a very potent instructional device. Have fun with Swinging Threes. Tell us about your "Threes".

Edmund Lukaszewski

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Alfelder	35	MWOF 115
Branle a Six	36	
Bunny Hop	2	Capitol 2251 - Capitol "45" F2427 Fun 'n Frolic K701
Butterfly (Flying Dutchman)	1	SOMA 1008 - Guyden 2801
Chester Robin	3	Decca 28351 - Victor 20-3053
Chester Schottische	3-4	Folkraft 1101 Victor 260017 - 45-6177
Come Let Us Be Joyful	37	MWOF 102 Victor 45-6177 - 41-6177
Cowboy Trio Mixer	4	Folk Dancer MH 2001A Victor 45-6177 Folkraft 1413
Crested Hen	4-5	Victor 21619 45-6176 41-6176 MWOF 108 His Master's Voice 2707 Folkraft 1194
Dancers of Zeeland	59	
Dashing White Sergeant	38	Imperial 1005 Beltona 1001A Columbia DB 1277 (recorded in Folkraft 1271 England)
Double Scotch Reel	41	
Dreisteyrer	5-6-7	Folk Dancer MH 3011 London P 18017
Drmes for Three's	7-8	Folk Dancer MH 1012 Balkan 506
El Paso Schottische	8	Imperial 1046 4-Star 1366
Flying Dutchman (Butterfly)	1	SOMA 1008 Guyden 2801
Grasshopper (Ziogelis)	40-41	Folkraft 1052
Herr Schmidt	9	SOMA 1008 Decca 45067 Globe 5004
Highland Reel (see Dashing White Sergeant)	44	Imperial 1005 Beltona 1001A Columbia DB 1277 Folkraft 1271
Hold That Line (Ten Pretty Girls)	32	Old Timer 8004 Globe 5003 MacGregor 605 Folkraft 1036 MWOF 113
Hot Pretzels	9-10	Victor V710 Columbia 12322-F Victor 1009A Capitol 57-40206 Folk Dancer MH 3019
Idle Robin	2	His Master's Voice 9892

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Irish Six Hand Reel (Six Hand Reel)	44-45	
Jagerquadrille	50-51	Rondo RFD 10A
Jessie Polka (Jessica Polka) (Calico Polka)	10	Crystal 108 Folkraft 1071 1093 1263 MacGregor 810 Jubilee 801 Longhorn 114-201
Jingle Bells (Use same routine as for Pop Goes the Weasel)		Folk Dancer MH 1111 Folkraft 1080 1068
Las Raspa (Mexican Hat Rock)	11	Old Timer 8100 Folk Dancer MH 3014 MWOFF 106 Folkraft 1119
Metalitaz (Maitelitza)	11	Imperial 1024
Mexican Hat Rock (La Raspa)	11	Cameo C149B
Milica Ples	12	Folkraft 1402 Sonart 2020
Minnesota Three H	13	Any medium tempo square dance tune Folk Dancer MH 1073
Norwegian Mountain March	13	Victor 41-6173 45-6173 Folkraft 1177
Oklahoma Mixer (Texas Schottische)	12	Folkraft 1035 Decca 25062 Victor E76-455020
Old Man's Jig	14	MWOFF 106 Greensleeves Lloyd Shaw X79
Palais Glide	15	Josephine
Pant Corlan Yr Wyn (The Lamb's Wool)	14-15	His Master's Voice B9893
Patty Cake Polka	16	Buffalo Gals Imperial 1033 Folkraft 1018A 1124 1260 Columbia 20245 Globe 5003 Little Brown Jug Folk Dancer MH 1501 Fun 'n Frolic K702 Lloyd Shaw 149
Peachtree Prance	16	Columbia 38853 "Peachtree Street" or any good polka, march or foxtrot
Peat Dance	17	
Polka Zu Dreien (Polka for Three)	17-18	Folk Dancer MH 1050
Pop Goes the Weasel	37	MWOFF 104 Victor 45-6180 41-6180 Folkraft 1014 1329 1007 Folk Dancer MH 1501 Windsor A753
Progressive Three's Circle	39	Any square dance music
Raksi Jaak	18	Folk Dancer MH 3007
Red River Valley	46-47	Fun 'n Frolic K702 Folkraft 1056 1013 1269 MWOFF 104 Folk Dancer MH 3013 Old Timer 8001 8037 Western Jubilee 551 Windsor 7129 7429

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Rheinlaender for Three (Triple Schottische)	19-20	Any even tempo schottische Folk Dancer MH 1050
Road to the Isles	20	Imperial 1005 Folk Dancer MH 3003 MWOFF 110 Folkraft 1095 1416
Rochester Schottische	21	<u>Honor Your Partner</u> Album VI
Rocka Conga	21	Cameo C155
Roselaar	22-23	Panpiper PD 5801
Rosenstock (Rosestock)	24	Polydor 49009
Roumanian Kolo	23	Folk Dancer MH 1010 (Rumunsko Kolo) Balkan 525
Rustic Reel	46	Beltona 2480 Folkraft 1248 Ford 1015
Side by Side	27	MacGregor 677 London 238 Columbia 39514 Old Timer 8075 Sets in Order 1041
Six Hand Reel (Irish Six Hand Reel)	42-43	
Soyotte Lorraine (French Herr Schmidt)	27	Folkraft 1091
Spinnradl (The Spinning Wheel)	30	
Star Tri-Drille	52-53	Barcarole Lloyd Shaw 131
Strommt Em Babeli	31	Folk Dancer MH 1114
Swedish Dance	47	Buffalo Gals, Imperial 1033
Ten Pretty Girls (Hold That Line)	32	Old Timer 8004 Globe 5003 MacGregor 605 MWOFF 113 Folkraft 1036
Texas Schottische (Oklahoma Mixer)	12	Folkraft 1035 Decca 25062 Victor E76-455020
This Old House	33	Longhorn #200 109 Sets in Order 1037 2067 Old Timer 8099 Windsor 7139 7439 4429
Three Man's Reel	26	
Three Meet	42	Folkraft 1112 1262 Folk Dancer MH 3025 Columbia DB 569
Tinker's Dance	49	
Tre Karl's Polska	54	Kismet 164
Triple Schottische (Rheinlaender for 3)	34	Any even tempo schottische record Folk Dancer MH 1050 Bumblebee Decca 45059

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Troika	25	MWOF 105 Kismet 104 Folk Dancer MH 1059 Folkraft 1170
Trojak (Zasiali Gorale)	56-57	Folk Dancer MH 3009 Folkraft 1090 1417
Vingaker Dance	28-29	
Wheat	32	Victor 45-6182 41-6182
Yankee Doodle	33	Folkraft F1080
Zahradnicek (The Gardener) (Ohorodnik)	55	Imperial 1091
Zasiali Gorale (Trojak, also as squares with three on a side)	56-57	Folkraft 1090 1417 Folk Dancer MH 3009
Zeeland Quadrille (The Dancers of Zeeland)	58	
Ziogelis (The Grasshopper)	40-41	Folkraft 1052
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RECORD ABBREVIATIONS

Beltona	BEL	MacGregor	McG
Broadcast	BR	Lloyd Shaw	SHAW
Capitol	CAP	London	LONDON
Columbia	COL	Longhorn	LONG
Crystal	CR	Methodist World of Fun	M. W. O. F.
Decca	DEC	Old Timer	O. T.
Folk Dancer	FD	Panpiper	P. P.
Folkraft	FOLK	Polydor	POL
Ford	FORD	Rondo	RON
4 Star	4 STAR	Sets in Order	SIO
Fun 'n Frolic	FNF	Soma	SOMA
Globe	GL	Victor	VIC
His Master's Voice	HMV	Western Jubilee	WJ
Imperial	IMP	Windsor	WIN
Kismet	KIS		

RECORD SOURCES

(Nearly all of the following will send records by mail in case your local
record shop has difficulty in getting the specific record you want).

Louise Music Shop
678 Grand Ave.
St. Paul, Minn.

Dance Record Center
1159 Broad St.
Newark 2, N. J.

Square Your Sets
Mail Order Service
P. O. Box 262
Moline, Ill.

Michael Herman
P. O. Box 201
Flushing, L. I., N. Y.

Andy's Record Center
3942 W. North Ave.
Chicago 47, Ill.

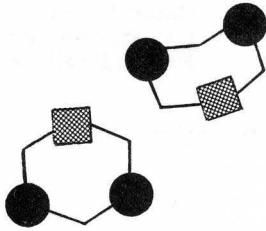
Deluxe Music Square
Dance Shop
3965 N. Milwaukee Ave.
Chicago 41, Ill.

Festival Folkshop
161 Turk St.
San Francisco 2, Calif.

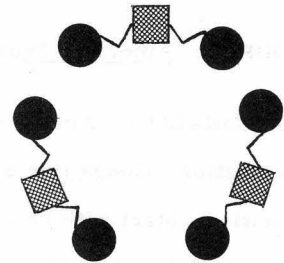
The Record Corner
1260 W. Bay Drive
Largo, Florida

Ray De-O-Ray
412 7th St.
Sioux City, Iowa

World of Fun
The Methodist Publishing House
Sales Division
201 8th Ave. S.
Nashville 3, Tennessee



Threes



"Threes" are the basic form of fun that lead into sixes, nines, and twelves. A whole party can be made up of various threes. Some threes are circle threes, line threes, "conga threes," butterflies, and broken circles around the hall.

BUTTERFLY (Flying Dutchman) (Paul Jones)

SOURCE: Traditional

RECORD: SOMA 1008
Guyden 2801

NATIONALITY: American

SKILLS: Step-swing, elbow swing

SHEET MUSIC: Little Brown Jug
My Bonnie Lies Over the Ocean
Yankee Doodle
Rye Waltz
Polish trojak (see Zasiali Gorale)

TEMPO: First 8 measures in
3/4 tempo and 2nd 8 measures
in 2/4 tempo.

FORMATION: Circle of three's facing counterclockwise.
Three's may be all men, all ladies, or mixed. Odd person in center

Position: Inside hands joined.

Start: All step on left foot, swing right foot

DANCE:

Measures

Figure

1-8

I. STEP-SWING, AND STEP-SWING, ETC.

Three's move forward slowly in time to music, one step-swing to each measure starting on the left foot in waltz rhythm.

9-16

II. RIGHT HAND LADY WITH THE RIGHT ELBOW

LEFT HAND LADY WITH THE LEFT ELBOW, etc.

The center person turns the right hand person with the right elbow once around, then the left hand person with the left elbow, and continues to alternate back and forth until the music changes to waltz again.

Repeat all.

VARIATIONS:

1. The center person may move up to the next three after the elbow swings to start the dance with a new set.
2. To add an element of surprise and enjoyment in the elbow turns, the center person may choose to turn his left partner with the right elbow and the right partner with the left elbow. Another element of surprise can be added when the center person turns one or the other partner twice in succession instead of the usual one.
3. With live music the orchestra may add another element of surprise by varying the number of measures of waltz and two-step.

NOTE: A satisfactory substitute may be arranged by placing a 10" record on top of a 12" record on the turn table, one being a waltz and the other a two-step. The leader lifts the needle from one to the other for the changes in the dance.

BUNNY HOP

SOURCE: American Squares, July 1954, page 16RECORD: Capitol 2251
Capitol "45" F2427
Fun 'n Frolic K 701

NATIONALITY: American

Formation: Conga line or lines of three facing counter clockwise around the room.

Position: Start with hands on waist, right foot free.

Start: Point right toe or kick right foot.

DANCE

<u>Measures</u>	<u>Figure</u>
1	POINT RIGHT TOE out to right side (count 1), REPLACE, touching right toe next to left foot (count "and"); POINT RIGHT TOE out to right side again (count 2), REPLACE and STEP ON RIGHT foot (count "and").
2	Repeat measure 1 with left foot
3	JUMP FORWARD ON BOTH FEET keeping close together (count 1 and); JUMP BACKWARD ON BOTH FEET (count 2 and).
4	JUMP FORWARD THREE TIMES (count 1 and 2) and PAUSE (count "and").

The boys and girls spell out M-I-N-N-E-S-O-T-A loudly while doing the Bunny Hop.

IDLE ROBIN
(Robin Doiog)

SOURCE: Leader's Institutes

RECORD: His Masters Voice 9892

NATIONALITY: Welsh

SKILLS: Running step

SHEET MUSIC:

FORMATION: Line of three

Position: hands joined in a circle

Start: Right foot

DANCE:

<u>Measures</u>	<u>Figure</u>
I.	All join hands in circle and run to the right with light steps beginning on the right foot, taking 7 steps. On the 8th step brace yourself slightly with a turn to center of circle. Drop hands and turn to own right individually with 4 steps. Rejoin hands and in place do a rhythmical stamp of right, left, right, left, right, left.
II.	Face center of circle; take four light step swings in place starting by stepping on the right foot. Repeat stamping of the first part.
Repeat the dance from the beginning.	

CHESTER ROBIN
(variation on Chester Schottische)

SOURCE: Advancing in Dancing, by Mary and Fred Collette

RECORD: "Walkin' to Missouri"
Decca 28351
Victor 20-3053 "When
the Red Red Robin Comes
Bob Bob Bobbing Along"

NATIONALITY: American

SHEET MUSIC: see record titles

SKILLS: grapevine, step-schottische, step hop

FORMATION: "Conga Line"

Position: All facing in line of direction in single file (no partners)

Start: Left foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1	Touch left to to floor diagonally forward. Repeat.
2	Do a grapevine step sideward to left (toward center of circle) stepping left sideward, right cross in back, left sideward, pause.
3-4	Repeat measures one and two to right.
5-8	Repeat measures 1-4.
9	With erect posture do a light running schottische step forward, stepping left, right, left, hop, all the while flapping the arms up and down like wings.
10	Repeat measure 9 beginning on the right foot.
11-12	Lowering the arms and slouching dejectedly, take four S steps forward (left, right, left, right).
13-16	Repeat measures 9-12.

NOTE: If the Victor record is used, it is suggested in measure 11, 12, 15 and 16 that an erect posture be retained and a merry swagger step be done.

CHESTER SCHOTTISCHE

SOURCE: Square Dances of Today, page 94

RECORD: Folkraft 1101
Victor 45-6177
Victor 260017
Any medium schottische

NATIONALITY: American

SKILLS: schottische, step-hop

SHEET MUSIC: "Balen I Karlstad"
Good Morning, p. 102

FORMATION: Line of three, the odd person in the center.
Lines facing counterclockwise around circle.

Position: Inside hands joined.

Start: All on left foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1-2	I. TOUCH, TOUCH; WALK TWO, THREE; HOLD All dancers touch the left foot to the floor twice, take three walking steps forward moving diagonally to the left, hold on count four.
3-4	TOUCH, TOUCH; WALK TWO, THREE; HOLD Repeat measures 1-2, on right foot and move diagonally to the right.
5	II. WALK LEFT, RIGHT, LEFT, HOP Start on left foot, walk forward three steps, and hop on left foot, swing right foot forward.
6	WALK RIGHT, LEFT, RIGHT, HOP Repeat, start on right foot.

CHESTER SCHOTTISCHE cont. -

- 7-8 III. LEFT-HOP, RIGHT-HOP, LEFT-HOP, RIGHT-HOP
 Four step-hops, starting left and continuing to move forward.
 The center person advances to the next line of three on the four step-hops.
 Repeat from beginning as many times as desired.

COWBOY TRIO MIXER
 (Texas Schottische for Three)

SOURCE: Folk Dance Federation of Minnesota, Program
Fourth Annual Convention, page 16

RECORD: Folk Dancer MH-2001A
 Victor 45-6177
 Folkraft 1413

NATIONALITY: American adaptation

SKILLS: heel, toe, step close step.

FORMATION: Line of three, one man and two ladies, or one lady and two men, with the odd person in the middle. All facing counterclockwise in a circle, progressing in line of direction.

Position: The center person extends both hands forward-to-side, joining left hands with the person on left, and right hands with person on right. The outside dancers then join free hands behind the back of the one in the center.

Start: on left foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	I. All start on left foot, take 2 two-steps forward, then four walking steps forward. <u>CUE: LEFT, CLOSE, LEFT, AND RIGHT, CLOSE, RIGHT; WALK LEFT, RIGHT, LEFT, RIGHT.</u>
5-6	II. All extend left foot forward, touch heel, bring foot back, touch toe beside the right foot. The outside persons then drop only the hands joined behind the center person, and in three steps walk forward, turn to face opposite direction. Center person keeps hands joined as above in I and takes three steps in place or slightly backward. <u>CUE: LEFT HEEL, LEFT TOE, TURN, TWO, THREE</u>
7-8	III. All extend right foot forward, touch heel, bring foot back, touch toe beside left foot. The center person then walks forward, advances to new outside partners in three steps, while the outside dancers walk in the direction they are facing (clockwise) to new center partner in three steps. As progression is made, the dancers once again quickly assume the original starting hand position. <u>CUE: RIGHT HEEL, RIGHT TOE, AND ON TO THE NEXT.</u>

NOTE: A regular schottische step may be substituted if desired. Don't forget the "OHS AND AHS" it's fun.

THE CRESTED HEN

SOURCE: Folk Dances of Scandinavia, page 49
Dances of the People, page 59
Methodist World of Fun, page 21
Folk Dances of Denmark, page 49
Danish Folk Dances, page 15
Physical Activities for Elementary Schools, page 111

RECORD: His Master's Voice 2707
 Victor 21619
 45-6176
 41-6176
 MWOFF 108
 Folkraft 1194

NATIONALITY: Danish

SHEET MUSIC: see sources

SKILLS: step hop, arch

FORMATION: Line of three, odd person in the center. Lines of three scattered about the room.

Position: Hands joined in line.

Start: All join hands in line of three to form a small circle. Step on left foot.

THE CRESTED HEN cont. -

DANCE:

<u>Measures</u>	<u>Figure</u>
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2/4

1-8	I. CIRCLE LEFT With a lusty stamp on the first beat of the music, step-hop to the left 8 steps. Lean away from the center of the circle.
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1-8	II. CIRCLE RIGHT Repeat step-hops to the right. At the end of this figure the ladies release their hands but hold onto the man's to form a line.
-----	---

9-12	III. RIGHT HAND LADY UNDER The right hand lady step-hops under the arch formed by the other two in her line. The man follows by turning under his own uplifted arm, still holding hands with both ladies. All are now facing in the opposite direction.
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13-16	LEFT HAND LADY UNDER Repeat with the left hand lady going under the arch. All are now facing in the original direction.
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9-16	RIGHT HAND LADY UNDER (Repeat measures 9-12) LEFT HAND LADY UNDER (Repeat measures 13-16)
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Repeat entire dance as many times as desired.

VARIATION: As a "mixer" the lines of three may be arranged in a large circle, and the center person moved up to the next line of three at the end of the dance to repeat it with a new set.

DREISTEYRER

SOURCE: Morry Gelman Folk Dance Institute, St. Cloud
Teacher's College, 1951

RECORD: Folk Dancer MH 3011
London P. 18017 An Der
Waldgrenze Mazurka

NATIONALITY: Austrian

SKILLS: Laendler waltz

SHEET MUSIC: An Der Waldgrenze
Mazurka

FORMATION: A line of three, two ladies and one man

Position: Opening and closing position, man in center with a lady in each hand. His arms are out at his sides. Straight line should be maintained until circle is formed. Lady 2 on left side, should be the shorter of the two.

Start: All on left foot.

DANCE:

<u>Measures</u>	<u>Figure</u>
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1-8	I. ENTRANCE AND PRETZEL Come onto floor from sidelines, man in center, waltzing forward, lady 1 at his right, lady 2 at his left. Ladies waltz turning under man's arm, lady 2 turning left, lady 1 right.
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9-16	Join hands and circle left.
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17-24	Man turns ladies by pulling his hands together in front of him and up and over them, holding them close to him and pivoting to left.
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25-32	Reverses their position by returning them to the circle and then stretching his arms out and over, holding them close on each arm again, pivoting opposite direction. Ladies' arms come up over their own heads. Never releases hands.
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II. POSE AND FALL (only figure in which hands are released)

- 2M Circle.
- 1m Lady 1 steps across on 3rd measure and poses on man's arm on 4th measure.
- 1m Pose.
- 1m All continue circle - lady 1 returns to her position.
- 1m Circle.
- 1m Lady 2 steps across.
- 1m Lady 2 poses (man leads ladies into this pose by pulling his arms toward himself, out and over lady).
- 1m Continues to circle. Lady 2 returns to her position.
- 5m Circle.
- 1m Man steps across, turning, as the ladies did.
- 1m Man releases ladies' hands and falls against their joined hands, breaking through and holding those hands while they immediately join their other hands.
- 16m Repeat POSE AND FALL, with lady 2 crossing and posing first.

41-56)

III. ROLLOVER

- 1m Circle.
- 3m Man starts to lead under ladies' joined arms on first beat of 2nd measure. He turns right under his own crossed arms just before backing under joined hands of ladies. He pulls the ladies after him to form the original circle.
- 1m Circle.
- 3m Lady 1 leads rollover.
- 1m Circle.
- 3m Lady 2 leads rollover.
- 1m Circle.
- 3m Man leads under as before, but does not complete rollover. Stays with hands crossed in a clover.

(57-72)

IV. CLOVER TURNS (keep clover turning all the time)

- 1m Arms up.
- 1m Man turns right.
- 2m Puts arms down again and continues circling.
- 1m Arms up.
- 1m Lady 1 turns right
- 2m Puts arms down again and continues circling.
- 1m Arms up.
- 1m Lady 2 turns left.
- 2m Puts arms down again and continues circling.
- 4m Continues circling, but speeds up the movement.

DREISTEYRER cont. -

(73-88) V. BASKET

- 1m Arms up.
- 1m Drops arms over all heads and down almost to waist level.
- 6m Circle.
- 1m Raises all arms to form clover. While arms are up, lady 1 steps through to form circle.
- 7m Continues waltz circle to left.

(89-104) VI. TANGLE, UNTANGLE, AND FINALE

- 2m Man turns right under right arm. Keeps circle moving all the time.
- 2m Continues circling.
- 2m Lady 1 turns right under right arm.
- 2m Continues circling.
- 2m Lady 2 turns right under right arm.
- 6m Continues circling but speeds up.
- 2m Lady 2 backs up to man and slips down under right arm to regain original position.
- 2m Circle.
- 2m Lady 1 turns under right arm.
- 2m Circle.
- 2m Man turns under right arm.
- 2m Circle.
- 2m Ladies break hold of each other, come to side of man and waltz turning away from him.
- 2m Ladies curtsy to man; he bows to lady 1, then to lady 2.

DRMES FOR THREES

SOURCE: Folklore Village Christmas Festival
Igra Kolo by John Filcich

RECORD: Folk Dancer MH 1012
Balkan 506

NATIONALITY: Jugoslav

SKILLS: drmes steps, change steps, czardas turn steps

SHEET MUSIC

FORMATION: Line of three, one man and two ladies. Ladies stand side by side facing man. Man's right hand is on the left hip of the lady on his right, his left hand is on the right hip of the lady on his left. Ladies' inside hands are on the man's nearest shoulder (left lady's left hand on his left shoulder). Lines may be scattered about the floor, but dance is stationary.

Start: Right foot

DANCE:

MeasuresFigure

- 1-16 I. Line of three does 16 drmes steps, all starting with the right foot. (Man may switch the position of the lady on measure eight.) Passes the lady on the right in front of the lady on the left and places "right" lady at left shoulder. Turns body about 1/4 turn to place original "left" lady at right shoulder position. Dances back into place. Man may switch back on measure twelve.

DRMES FOR THREES cont. -

- 17-24 II. All release hold; man turns with lady on his right in shoulder-waist position eight czardas turn steps clockwise. The 7th and 8th steps are change steps: right, left, right in place (do not stamp).
- 25-32 The man turns to "left" lady and repeats the 8 czardas turns with her ending with left, right, left and preparing to assume the position for the drmes step for Figure I. (While man is dancing with one lady, the free lady does the drmes step of Figure I in place (no turning) hands on hips, in a nonchalant manner since supposedly, for the moment, the other woman is preferred. There is nothing to prohibit the man from dancing with the same lady in both directions, but being a good sport he will make it up next time.)

VARIATION: All three join hands behind backs forming a small, tight circle. All cross right foot over left (count 1) and clockwise continue with left, right left, right, left, right, left, right, left, right, left, right left, right left. Right foot is kept almost stationary. Repeat (measures 25-32) in the opposite direction, or for variety, line of three may revolve all 16 measures in one direction.

EL PASO SCHOTTISCHE

SOURCE: Puget Sound Squares and Rounds, page 17

RECORD: Imperial 1046
4-Star 1366

NATIONALITY: American

SKILLS: "Sashay" and "weaving" step

FORMATION: Lines of three's facing counterclockwise

Position: Inside hands joined

Start: All on left foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1-2	POINT, AND POINT, AND; STEP, STEP, STEP, AND; Point left toe forward and slightly to right, hold, point left toe to side, hold; step left behind right, step right to side, step left beside right, hold.
3-4	Repeat measures 1-2, starting with right foot.
5-8	Repeat measures 1-4.
9-10	STEP, AND, STEP, AND; STEP, STEP, STEP, AND; Step forward on left in line of direction, hold, step forward on right, hold; each pivoting 1/2 turn right face; step back left, right, left, hold.
11-12	STEP, AND STEP, AND; STEP, STEP, STEP, AND; Facing reverse line of direction, step back on right, hold, step back on left, hold; each pivoting 1/2 turn left face, step forward in line of direction right, left, right, hold.
13-16	Repeat measures 9-12.
17-18	SLIDE, SLIDE, SLIDE, SWING; SLIDE, SLIDE, SLIDE, SWING; Diagonally to left; step left - close right (count 1), step left - close right (count 2), step left (count 3), swing right forward and in front of left with slight hop on left (count 4): repeat diagonally to right, starting with right foot.
19-20	STEP, AND, CROSS, AND; CROSS, AND CROSS, AND; Step left forward in line of direction, hold, cross right in front of left and step on it, hold; cross left in front of right, hold, cross right in front of left, hold. This gives effect of drunken stagger.
21-24	Repeat measures 17-20

HERR SCHMIDT

SOURCE:

NATIONALITY: International

SKILLS: Bleking step

FORMATION: Lines of three's facing counterclockwise.

Position: Inside hands joined.

Start: All on same foot

RECORD: Globe 5004
Decca 45067
Soma 1008SHEET MUSIC:
Any German music folio

DANCE:

MeasuresFigure

- 1-2 I. Spring off both feet; while clear of the floor spread them apart, bringing the left foot forward, the right backward. The toe of the left foot should be raised so that only the heel of that foot strikes the floor.
- 3-4 Repeat the movement as in measures 1-2, only this time bring the right foot forward and put it in front with the heel touching the floor. The left foot is placed in the rear with only the toe touching the floor.
- 5 Same as measures 1 and 2, only executed in double time.
- 6 Same as measures 3 and 4, only executed in double time.
- 7 Same as measure 5
- 8 Rest
- REPEAT four times (Each sequence is started with alternate foot. First sequence starts with the left foot, second with the right, third with left and fourth and last with right.)
- II. Butterfly swing. The center person turns the person on his right with the right elbow once around, then the person on his left with the left elbow, and continues to alternate until music changes.

NOTE: This dance is done to special music titled "Herr Schmidt".

HOT PRETZELS

SOURCE: Dancin' a Round, page 16

NATIONALITY: American

SKILLS: grapevine

FORMATION: Lines of threes side by side, arms around each other's waist, or hands joined.

Position:

Start: All on left foot

RECORD: Folk Dancer MH 3019
Victor V710
Columbia 12322-F
Victor 1009A
Capital 57-40206

SHEET MUSIC:

DANCE:

MeasuresFigure

- 1-4 I. (L) (R) (L)
LEFT HEEL; ONE, TWO, THREE.
Extend the left heel to the left, lean back and pause. Step back on the left, then to the side with the right, step left in front.
- (R) (L) (R)
RIGHT HEEL; ONE, TWO, THREE
Extend the right heel to the right, lean back and pause. Step back on the right, then to the side with the left, step right.
- (L) (R)
LEFT HEEL; ONE, TWO
Repeat above starting left.

HOT PRETZELS cont. -

- 5-8 II. (L) (R) (L) (R)
 WALK, TWO, THREE, FOUR
 Walk forward, right, left, right
 (L) (R) (L) (R) (L)
 STEP, BRUSH, ONE, TWO, THREE
 Step on left, brush right foot forward, then three "stamps" in place beginning
 with the right foot.

Repeat all

NOTE: Some records have a break in the repeat pattern which makes it necessary to add some extra walking steps in the middle of the dance. It is suggested that the instructor work this out to fit the record.

A more abbreviated explanation that can serve as a CUE CALL:

- (L) heel, step, close, step
 (R) heel, step, close, step
 (L) heel, step, close
 (L) walk, two, three, four
 (L) stamp, brush, step, close, step

JESSIE POLKA
 (Jessica Polka)
 (Calico Polka)

SOURCE: Dancin' Around, page 17

RECORD: "Calico Polka" Crystal 108
 Longhorn 114-201
 Folkraft 1043 1263
 1071
 MacGregor 810
 Jubilee 801

NATIONALITY: American

SKILLS: Heel-toe touch, two step

SHEET MUSIC: Bandera
 Jesucita en
 Chihuahua

FORMATION: Lines of three or more, facing counterclockwise around the room

Position: Arms around each other's waists or hands joined.

Start: All on left

TEMPO: 2/4

DANCE:

- | <u>Measures</u> | <u>Figure</u> |
|-----------------|--|
| 1-4 | I. LEFT HEEL, TOGETHER; RIGHT, BACK, TOGETHER;
RIGHT HEEL; TOGETHER; LEFT HEEL, AND ACROSS.
With the weight on the right foot, touch the left heel forward and then place left foot next to the right, shifting weight to the left foot. Extend the right foot backward and touch toe to the floor, touch right foot to floor beside left foot (keeping weight on left foot), touch right heel forward, then step on right foot next to left foot. Touch the left heel forward and swing the left foot across in front of the right. |
| 5-8 | II. TWO STEP, TWO STEP, TWO STEP, TWO STEP
Four two steps forward starting left. |

Repeat from beginning

LA RASPA

SOURCE: Old Timer (Instructor's Manual)RECORD: Old Timer 8100
Folkraft 1119
Folk Dancer MH 3014
MWOFF 106

NATIONALITY: American adaptation for three

SKILLS: Bleking step

SHEET MUSIC:

FORMATION: Circles of threes all around the room

Start: All on same foot

DANCE:

- | <u>Measures</u> | <u>Figure</u> |
|-----------------|---|
| 1-8 | I. Shuffle step -- Jumping slightly, slide left foot forward, change to right foot forward, then left foot forward, pause. (Here you may switch and face slightly right if you wish). Beginning with right, repeat action - then repeat completely three more times. |
| 9-16 | II. Hook right elbows. Hold left hand up over head, turn clockwise (8 steps for each elbow turn). Hook left elbows with the other lady and turn counterclockwise. Hold right hand above head. Repeat right elbow turn. Repeat left elbow turn and end up in position to begin the shuffle step again. |

AND REPEAT

METALITZA
(Maitelitza)SOURCE: Treasures from Abroad, page 32

RECORD: Imperial 1024

NATIONALITY: Russian, Ukrainian origin

SKILLS: step-hop, slide

SHEET MUSIC: Treasures from
Abroad, Handy Kit O

FORMATION: Lines of threes facing and moving counterclockwise about the room

Position: Inside hands joined, outside hands on hips

TEMPO: 2/4

Start: All on right foot

DANCE:

- | <u>Measures</u> | <u>Figures</u> |
|-----------------|--|
| 1-8 | I. STAMP, HOP, STAMP, HOP; STAMP, HOP, STAMP, HOP, REPEAT
All stamp on the right, then hop on the right swinging the right foot across slightly in front of the left. Stamp on the left foot, hop on the left foot swinging the left foot slightly in front of the right. The first step is accented; the hop is on the second beat.
Repeat - four times in all. |
| | II. CIRCLE RIGHT
All turn individually a quarter turn left facing center and join hands with persons on either side, making three concentric circles around the room. Eight slide steps to the right; right foot steps on the accented beat. |
| 9-16 | III. ARCHES
From original lines of three. Center person in each three makes an arch with his left hand person and leads the right hand person under the arch in eight steps. Reverse with the right hand up and left person under.

Repeat from beginning. |

MILICA PLES

SOURCE: Ingra Kolo - Dance Kolos with John FilcichRECORD: Sonart 2020
Folkraft 1402

NATIONALITY: Yugoslavian

SKILLS: heel-toe steps

SHEET MUSIC:

FORMATION: Lines of three, one man and two ladies, man in center facing counterclockwise

Position: Man's right hand holds right hand lady's right hand on her right hip, conversely left;
lady's free hands (next to man) are on his nearest shoulder.

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	I. All take four "heel-toe" steps forward in line of direction.
5-12	II. All take four "basic kolo steps" right, left, right, left.

SEE: Source book for Kolo steps.

OKLAHOMA MIXER
(Sometimes called "Texas Schottische")SOURCE: Advancing in DancingRECORD: Folkraft 1035
Decca 25062
Victor E76-455020

NATIONALITY: American

SKILLS:

SHEET MUSIC: Any good polka,
two-step or schottische..
"Kerry Mills Barn Dance"
"Josephine"
"Country Gardens"

FORMATION: Lines of three facing counterclockwise, in shoulder-prom position

Position: Two ladies to the right of the man with "inside arm" around each other's waist,
and they act as "one" individual.

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	All beginning on left foot, dance 2 two-steps (or polka) forward in line of
5-8	direction, then walk forward 4 steps.
9-12	Touch left heel forward, then left toe backward; drop right hands and man
13-16	marks time with left, right, left, while lady passes in front of man and to
	his left with left, right, left, to face in reverse line of direction. Both
	touch right heel forward, then right toe backward and as man marks time
	lady does right, left, right continuing around her partner and backing into
	shoulder-prom with man to rear to continue routine.

LIST OF SUGGESTED THREES USING PLAY PARTY GAMES WITH THREE PEOPLE
WORKING AS A COUPLEALTAI (Doc. Alumbaugh) Music - Sentimental Journey Mac. 601, 609; Broad. 430, Wins. R-601
Shaw 2-114

BINGO Victor

BROWN EYED MARY O. T. 8005 B

CALIFORNIA SCHOTTISCHE * Imperial 1046, Capitol CAS 4018

CAPTAIN JINKS - Decca 278, MWOFF 103

CIRCASSIAN CIRCLE - Victor Record Album P155, MWOFF 103

DEEP IN THE HEART OF TEXAS *

GLOW WORM - Imp. 1044A, Mac. 1010B

HOT TIME IN THE OLD TOWN TONIGHT - Imp. 1037 Folkraft 1037, Old Time 8030

I'VE BEEN WORKIN' ON THE RAILROAD

KALVELIS - Meth 101A, V 14069A

NARCISSUS - Imperial 1043A

OH, SUSANNA - Decca 278

PARLEY VOUS - Imperial

"Mademoiselle from Armentieres"

WINK YOUR EYES AND CROSS YOUR T'S - "Little Brown Jug" MWOFF 107, and "Polka Hoedown"
Sets in Order 1022

WOODEN SHOES - Imp. 1007

MINNESOTA THREE H

SOURCE: "an accidental" original by "LUKE", inspired
by the Minnesota 4-H boys and girls

RECORD: Folk Dancer MH 1073
Any medium tempo square
dance tune.

NATIONALITY: American

SKILLS: Promenade, swing

SHEET MUSIC: same as record

FORMATION: Lines of three facing counterclockwise

Position: Hands joined

Start: All on left foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1-8	I. PROMENADE IN THREES
9-16	II. OUTSIDE LADIES TO THE CENTER All "outside" ladies cross to their left, in front of their line of three into the center, join hands and circle left. The others continue to promenade.
17-24	SWING THE LEFT HAND LADY Men swing their left hand ladies while the inside ring circles to the left.
25-32	PROMENADE Men put the lady they just swung on their right and promenade while the inside circle breaks and the ladies "latch on" to any couple promenading, forming new lines of threes.

Repeat as often as desired.

NORWEGIAN MOUNTAIN MARCH

SOURCE: Danish Folk Dances, page 14
Folk Dances of Denmark, page 44

RECORD: Folkraft 1177
Victor 45-6173
41-6173

NATIONALITY: Danish

SKILLS: step-swing-hop

SHEET MUSIC: Folk Dances of
Denmark, page 44

FORMATION: Lines of three, two ladies, one man, any place on dance floor

Position: Man holds a handkerchief by the corner in both hands. The two ladies stand behind the man with adjacent hands joined, and each holds the opposite corner of the handkerchief in her free hand. Thus the man leads the two ladies.

Start:

TEMPO: 3/4

DANCE:

<u>Measures</u>	<u>Figure</u>
1-8	I. STEP, SWING, HOP; STEP, SWING, HOP; etc. The lines of three move counterclockwise around the room with step-swing-hops, the man looking backward first at one lady and then the other, in rhythm with the music.
9-16	II. Stamping on the 1st step, the man step-hops backward under the joined hands of the ladies who dance in place. The lady on the left does step-hops, turning right under the man's right arm; the man turns right under his own arm, and all are facing forward again. Repeat II without stamping doing it three times in all. The transition for the repeats should be smooth and flowing.

NOTE: The dance may also be done with short running steps, three steps to each measure.

OLD MAN'S JIG

SOURCE: And Promenade All, page 25RECORD: MWOFF 106 Greensleeves
Lloyd Shaw X79

NATIONALITY: English

SKILLS: timing and coordination

SHEET MUSIC: see And Promenade
All, page 25
Old English Air - "What Child
is This?"

FORMATION: Three men in a small circle

Position: Hands joined

Start: All left foot.

DANCE:

- | <u>Measures</u> | <u>Figure</u> |
|-----------------|--|
| 1-8 | I. CIRCLE LEFT
With exaggerated steps and action, the three's circle to the left with this step: cross left foot in front of right foot, shift weight to the left foot, and quickly back to right foot again. Hesitate. Repeat action in similar manner beginning with right foot. First and third beats are emphasized. |
| 9-16 | II. CHORUS
Man #1 claps once, slaps his leg once, slaps man #2's back, kicks him one (Using one beat of music for each act). Man #2 does the same thing to #3, then man #3 does it to Man #1. (When kicked, each man jumps high). *All step forward on right foot, bring left foot to it and fake the weight of the left foot; step forward quickly on the right foot again. Repeat with left foot* This is done in four counts, and face in the other direction around the circle. |
| 9-16 | III. REPEAT CHORUS
Man #1 now takes care of man #3; #3 gets #2; #2 gets #1 and all repeat from * to * above. |
| 1-8 | IV. CIRCLE LEFT
Repeat Figure I. |
| 9-16 | V.
Man #1 stamps left foot, then right foot, then left foot, and swings right leg over the hand joined with next man (four counts for four actions). Man #2 repeats as does Man #3. (They have been holding hands in a circle all the time). All hop four hops in place. |
| 9-16 | VI. CHORUS - CIRCLE LEFT; CIRCLE RIGHT; BOW
All circle left with eight hops, then circle right with eight hops. Bow to audience in as absurd a manner as possible. |

PANT CORLAN YR WYN
(The Lamb's Wool)SOURCE: Roundup August 1953, V. 6, No. 8, page 10

RECORD: His Masters Voice B-9893

NATIONALITY: Welsh

SKILLS: schottische, step hop

SHEET MUSIC:

FORMATION: Lines of three, facing counterclockwise, odd person in the center.

Position: Center person holds outside hands of outside people. Outside people join inside hands above head of center person (if center person is very tall hands may be joined in back of him).

Start: All on right foot

TEMPO: 4/4

PANT CORLAN YR WYN cont. -

DANCE:

<u>Measures</u>	<u>Figure</u>
-----------------	---------------

Introduction CENTER BOWS

Center person bows to person on each side.

1-4 I. FORWARD AND BACK

Starting right foot, take four Llanover steps forward. (The Llanover (schottische) step is as follows: run, run, run, hop (bounce). Steps have an even count as in the schottische rhythm. Steps are all taken on the ball of the foot with each about 8 inches in front of the other foot. Feet are lifted only a few inches from the floor, even on the hop. Movements are small, gliding, quick and distinct. Elbows are in, and free hands are at the side).

5-8 Take three Llanover steps backward. Take three stamps on eighth measure while center person moves backward under the joined hands of the two outside dancers, finishing in a circle with hands crossed.

9-12 II. STEP-HOP, STEP-HOP, STEP-HOP, STEP-HOP

Start on the right foot, do four step-hops in place, swinging the free foot across in front of the supporting leg.

CIRCLE RIGHT

Circle to the right with 8 running steps, finishing in a straight line facing counterclockwise, inside hands joined.

13-16 FORWARD AND WALK BACK; TWO, THREE, FOUR

All move forward with two Llanover steps; then move backward with four slow walking steps.

17-20 CENTER PERSON MOVES UP; WALK, TWO, THREE, FOUR

The center person moves forward to the next group with two Llanover steps and four slow walking steps. The two outside dancers make a little circle casting off outward from the center person with two Llanover steps and completes the four slow walking steps with the new center person in starting position ready to repeat.

Repeat all.

PALAIS GLIDE

SOURCE:

RECORD: suggested record -
Josephine by Wayne King

NATIONALITY: Welsh

SKILLS:

SHEET MUSIC: popular music

FORMATION: Lines of three or more, counterclockwise around the room.

Position: Join arms behind.

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
-----------------	---------------

1-2	I. Forward tap left and point left; step back on left and step side on right.
3-4	Forward on left and swing right forward. Tap right in front and point right.
5-6	Step back on right and side on left. Step forward on right and swing left forward.
7-8	Tap left in front and point left. Step back on left and step side on right.

1-2	II. Step forward on left and swing right across; Step on right and swing left across.
3-4	Step on left and swing right across. Step on right and swing left across.
5-6	Step on left leaning forward raising right in back. Swing right forward and back.
7-8	Three running steps right, left, right.

REPEAT ALL

PATTY CAKE POLKA

SOURCE: Footnotes Magazine

RECORD: Folk Dancer MH 1501
 Buffalo Gals Imperial
 1033
 Folkraft 1018A 1124
 1260
 Columbia 20245
 Globe 5003 Little Brown
 Jug
 Fun 'n Frolic K702
 Lloyd Shaw 149

NATIONALITY: American

SKILLS:

FORMATION: Line of three, two ladies, one man.

SHEET MUSIC:

Position: Man's back to center, ladies face man.

Start:

DANCE:

MeasuresFigure

1-8 I. Heel, toe, heel, toe, slide, slide, slide, reverse.
 Clap both hands, then right hand (all through), both and
 left, both and both hands, both and clap thighs.

9-16 II. Circle three, ladies remain and boy on to the left.

VARIATION: Line two: 3 rights, 3 lefts, 3 both, 3 thighs

PEACHTREE PRANCE

SOURCE: American Squares Magazine

RECORD: Columbia # 38853
 "Peachtree Street" -
 or any good polka,
 march or fox trot

NATIONALITY: (Introduced 1953 by Mary and Fred Collette, Atlanta, Ga.)

SKILLS: grapevine, arch

SHEET MUSIC:

FORMATION: Lines of three facing counterclockwise

Position: Arms linked as for a stroll.

Start: On right foot

DANCE:

MeasuresFigure

1-2 Introduction
 All begin on right foot and balance sideward on right (count 1), arch left to
 right, (count 2).
 3-4 Balance sideward to left, arch right to left.
 5-32 REPEAT action of 1-4 above, seven more times (making 16 balance steps in all).
 1-2 I. All step right forward (count 1), arch left (count 2)
 3-16 Repeat action of 1-2 seven more times, alternating left, right, etc.
 1-4 II. Grapevine to right (right sideward, left cross in back, right sideward,
 arch left).
 5-8 Repeat grapevine to left.
 9-12 Trot forward right, left, right, arch left.
 13-16 Trot backward left, right, left, arch right.

PEAT DANCE

SOURCE: Folk Dances of Denmark, by Burchenal, page 9

RECORD:

NATIONALITY: Danish

SKILLS:

SHEET MUSIC: "Peat Dance".
Played with increasing tempo,
see source

FORMATION: 3 men

Position:

Start:

DANCE:

MeasuresFigure

Three blocks of peat are placed in a row on the floor four feet apart, numbering from left to right (1), (2), (3). First man starts dancing clockwise at the right of block (3) and weaves in and out around the blocks, turns around block (1) at the end of the row of blocks and dances back again, in and out around the blocks.

The middle man follows.

The last man follows but must make a complete circle around the center block (block 2).

The last man is overtaken by the other men who have circled around the end block, (block 1). The last man now becomes the first man. The middle man is the last.

Repeat.

POLKA ZU DREIEN
(Polka for Three)

SOURCE: Michael Herman's Folk Dancer Series

RECORD: Folk Dancer MH 1050

NATIONALITY: German

SKILLS: two-step or polka, star

SHEET MUSIC: Any medium polka
without interludes.

FORMATION: Line of three, one man and two ladies facing counterclockwise, man in the center.

Position: Hands joined.

Start: All with right foot.

TEMPO: 2/4

DANCE:

MeasuresFigure

CHORUS - - -

1-16

POINT, TOGETHER, STEP-CLOSE, STEP

All start with right foot; point front, bring feet together, then step, close, step (right, left, right).

POINT, TOGETHER, STEP-CLOSE, STEP

Repeat starting left.

POINT, TOGETHER, STEP-CLOSE, STEP

Repeat starting right.

POINT, TOGETHER, TURN AROUND.

Point left forward, bring feet together, release joined hands and each person turns left with three steps and faces opposite direction. Partners join hands in a line again.

POINT, TOGETHER, STEP-CLOSE, STEP

POINT, TOGETHER, STEP-CLOSE, STEP

POINT, TOGETHER, STEP-CLOSE, STEP

POINT, TOGETHER, STEP-CLOSE, STEP

continued on next page

POLKA ZU DREIEN cont. -

<u>Measures</u>	<u>Figure</u>
1-8	I. RIGHT HAND STAR Line of three forms a right hand star and does 8 polka steps rotating clockwise.
9-16	LEFT HAND STAR Line of three forms a left hand star and does 8 polka steps rotating counterclockwise.
1-16	CHORUS - - - see above
1-8	II. CIRCLE LEFT Line of three forms a circle and does 8 polka steps to the left.
9-16	CIRCLE RIGHT Circle 8 polka steps to the right.
1-16	CHORUS - - - see above

RAKSI JAAK

SOURCE: Michael Herman's Folk Dance House in New York

RECORD: Folk Dancer MH 3007

NATIONALITY: Estonian

SKILLS: polka step

SHEET MUSIC: Michael Herman

FORMATION: Lines of three, one man and two ladies or viceversa, or three ladies or three men.

Position: Stand side by side inside hands joined, free hands at side.

Start: On left foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1-8	CHORUS: Step to the left on the left foot, bring right foot to it. Step to the right on the right foot, bring left foot to it. Repeat above. Walk forward three steps left, right, left and kick right foot forward (straight leg). Walk backward four steps, right, left, right, left.
9-16	I. With four polka steps the two ends move at the <u>same time</u> . Right hand is over, left hand is under when <u>crossing in front</u> of center person. In back of the center person the right hand goes under, left hand over. Center does polka steps in place. Use Estonian (Polish style) polka steps. REPEAT FIGURE I
1-8	CHORUS: As above
9-16	II. With last two counts of chorus, ends move to stand shoulder to shoulder facing center person. All lock hands, pull away from each other. Take four polka steps, ends moving backward, the center forward. Center moves backward. The ends turn under as they move along with the center - four polka steps.
1-8	CHORUS: As above
9-16	III. During last 2 counts the ends "tuck in" by TURNING TOWARD the center, leaving arms low. All face forward again. The right person has left arm in front of stomach, the left person the right hand. The center has his arms around the waists of ends. In this position they do four polka steps forward, two polka steps backward, and unwind with another two polka steps. (Do not release hands during this figure).

RHEINLANDER ZU DREIEN

SOURCE: Dance Lightly, page 20
Folk Dance Federation of California
 Morry Gelman's Folk Dance Institute, St. Cloud Teacher's College, June, 1951

RECORD: Folk Dancer MH 1050

NATIONALITY: German

SKILLS: Schottische, step-hop, running step (These steps are described in Folk Dances from Near and Far)

SHEET MUSIC: see source

FORMATION: Line of three, one man between two ladies, all facing counterclockwise.

Position: Inside hands are joined, outside hands on hips. Throughout the dance, hands are on hips if not joined.

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	Introduction Dancers stand in formation.
<u>A.</u> 1-2	I. ARCHES Beginning left, all dance one schottische step diagonally forward right, progressing counterclockwise.
3-4	Beginning left, with two schottische steps, the ladies exchange places. (Lady on right crosses in front of man, passing under raised arms of man and lady on left. The lady on left is at the same time crossing to opposite side. Man turns left under own left arm, does not release hands during turn). All finish facing clockwise.
5-8	Repeat action of measures 1-4, progressing clockwise. (This time the lady on left passes under raised arms of man and lady on right. The lady on right is at the same time crossing to opposite side. Man turns right under own right arm). All finish facing counterclockwise.
1-8 repeated	Repeat action of measures 1-8
<u>B.</u>	II. RUN WITH LADY TURNING
9	Beginning left, all take four small running steps forward, progressing counterclockwise.
10	With four running steps, both ladies turn once around (inward toward man) under their own raised inside arms, while man takes four steps in place.
11	Beginning left, all take four small running steps backward (against line of direction).
12	With four running steps, both ladies turn once around (outward away from man) under their own raised inside arms, while man takes four steps in place.
13-16	Repeat action of Figure II, measures 9-12.
9-10 Repetition	III. STAR Beginning left, man and left lady dance two schottische steps (around in star) with right hands joined at shoulder height. Simultaneously right lady dances two schottische steps in place.
11-12	Man and left lady repeat action of Figure III, measures 9-10, with left hands joined at shoulder height. At the same time right lady dances two schottische steps in place.
13-16	Man repeats action of Figure III, measures 9-12 with right lady while left lady dances four schottische steps in place. All finish facing counterclockwise in line of three.

continued on next page

RHEINLANDER ZU DREIEN cont. -

A. IV. ARCHES

1-8 With Repetition Repeat all of Figure I, (measures 1-8 with repetition).

C. V. LADIES EXCHANGE PLACES

- 9 Beginning left, man dances one schottische step to his left in front of left lady. At the same time and beginning right, both ladies dance one schottische step to their right.
- 10 Beginning right, man dances one schottische step to his right, to return to his former position. Simultaneously and beginning left, left lady dances one schottische step to her left toward man, and right lady dances one schottische step to her left to return to her former position. Right lady expects to dance the next steps with man, so she extends her arms to him.
- 11-12 Man turns to his right, and in closed dance position, dances four step-hops, turning clockwise, with left lady. Right lady dances four step-hops alone, turning clockwise as she crosses in front of the man and left lady, and finishes in the position formerly occupied by left lady. She now becomes the left lady, and the former left lady becomes the right lady. At the end of the step-hops the ladies have exchanged places, and all face counterclockwise.
- 13-16 Repeat action of Figure V, measures 9-12. At the end of the step-hops, both ladies have returned to their original positions in line of three, facing counterclockwise.
- Repetition
9-16 Repeat action of Figure V, measures 9-16.
Repeat dance from beginning.

ROAD TO THE ISLES

SOURCE: Advancing in Dancing, by Mary and Fred Collette

RECORD: Imperial 1005
Folk Dancer MH 3003
MWOFF 110
Folkraft 1095 1416

NATIONALITY: Scotch (American adaptation)

SKILLS: schottische, grapevine

SHEET MUSIC:

FORMATION: Line of three, two ladies, one man, man in center

Position: Join inside hands

Start:

DANCE:

- | <u>Measures</u> | <u>Figure</u> |
|-----------------|--|
| 1-8 | I. Point left toe to floor diagonally to front left, then grapevine to right left, right, left. Point right toe, the grapevine to left - right, left, right. Point left toe forward, then backward. |
| 9-16 | II. Take two running schottische steps forward with half turn to right on second hop. Continue holding hands. Ladies now are on man's left. One running schottische forward in reverse line of direction with half turn to left on hop. Facing again in line of direction, ladies again on man's right, step in place, right, left, right and pause. (You may substitute three steps to the rear for step in place). |

NOTE: Use individual turns in Figure II, instead of changing places.

ROCHESTER SCHOTTISCHE

SOURCE: Honor Your Partner, Couple Dances and MixersRECORD: Honor Your Partner
Album VI

NATIONALITY: American

SKILLS:

SHEET MUSIC:

FORMATION: Lines of three facing counterclockwise.

Position: Arms joined behind.

Start: Right foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1-8	I. Extend the right foot forward, touching heel lightly to the floor. Draw it straight back touching the toe lightly to the floor. Start with the right foot, walk forward three steps - right, left, right. Extend left foot forward to left touching heel. Draw the left foot in front of the right, point toe to floor, Walk backward three steps left, right, left.
9-12	II. Start with right foot, step right, left, right, hop. Start with left foot, step left, right, left, hop.
13-16	III. Move forward starting with right foot, take four step-hops, right hop, left hop, right hop, left hop.

NOTE: Figure II and III are basic schottische step.

ROCKA CONGA

SOURCE: 4-H parties

RECORD: Cameo C155

NATIONALITY: American adaptation of a South American dance

SKILLS:

SHEET MUSIC:

FORMATION: Line of three

Position: ordinary conga line progression. The lines of three can go forward in a line, or one behind the other with hands on hips of the one ahead.

Start: All start on the same foot

DANCE:

<u>Measures</u>	<u>Figure</u>
4	It's a walk three steps to side and kick on four
4	Repeat on the other foot for the duration of the music.

ROSELAAR

SOURCE: Rosin the Bow, V. 4 #3, 2nd quarter, 1951
Viltis magazine

RECORD: Panpiper PD 5801

NATIONALITY: Dutch

SKILLS: circle, arches

SHEET MUSIC: see source

FORMATION: Circle of three, a man and two ladies or vice versa

Position: Hands joined shoulder high

Start: All to the left with the left foot

TEMPO: 3/4

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	I. CIRCLE LEFT Take twelve running steps to the left.
5-8	CIRCLE RIGHT Take twelve running steps to the right.
CHORUS (Repeated AFTER each figure)	
9	LEFT, HOP, HOP Stamp on the left foot, then with the right foot raised across in front of left, hop twice on the left foot.
10	RIGHT, HOP, HOP Stamp on the right foot, then with the left foot raised across in front of the right, hop twice on the right foot.
11-12	RUN, TWO, THREE; FOUR, FIVE SIX Take six running steps to the left.
13	LEFT, HOP, HOP As above
14	RIGHT, HOP, HOP
15-16	RUN, TWO, THREE, FOUR; CENTER, TWO; AND HOLD. Take four running steps to the left, then two steps to the center with the hands raised to the center, then hold this position for a one bar rest before dancing the next figure.
1-2	II. RUN, TWO, THREE; FOUR, FIVE, SIX Form lines of three with odd person in the center. Take six running steps in line of dance.
3-4	LADIES TURN IN The man takes six running steps in place while the ladies turn inward two complete turns, under the man's arms. (The right hand lady turns counter-clockwise, the left hand lady turns clockwise).
5-6	RUN, TWO, THREE, FOUR, FIVE, SIX All take six running steps in line of dance.
7-8	LADIES TURN OUT The man takes six running steps in place while the ladies turn outward two complete turns under the man's arms. (The right hand lady turns clockwise; the left hand lady turns counterclockwise).

CHORUS

1-2	III. LEFT HAND UP, RIGHT LADY UNDER In a line of three, odd person in the center, the right hand lady runs under an arch formed by the man and the left hand lady, the man turning under his own arm to restore the formation.
3-4	RIGHT HAND UP, LEFT LADY UNDER The left hand lady runs under an arch formed by the man and the right hand lady, man again turning under his own arm.
5-8	LEFT HAND UP, RIGHT LADY UNDER RIGHT HAND UP, LEFT LADY UNDER

ROSELAAR cont. -

CHORUS

- 1-2 IV. LEFT HAND UP, RIGHT LADY UNDER, ALL FACE OUT.
With the hands joined in a circle (this hold is not broken throughout the figure) the right hand lady runs under an arch formed by the man and the left hand lady; the man and the left hand lady turn under their own arms so that all face out, all hands still joined.
- 3-4 LADIES ARCH, MAN BACKS UNDER
The man backs under the arch formed by the two ladies; the ladies turn under their own arms so that the circle now faces "in" again.
- 5-6 RIGHT HAND UP, LEFT LADY UNDER, ALL FACE OUT
Repeat above for measures 1-2
- 7-8 LADIES ARCH, MAN BACKS UNDER
Repeat measures 3-4

CHORUS

ROUMANIAN KOLO

SOURCE: Morry Gelman's Folk Dance Institute, St. Cloud
Teacher's College, 1951

RECORD: Balkan 525
Folk Dancer MH 1010

NATIONALITY: Jugoslavian and Roumanian

SKILLS:

SHEET MUSIC:

FORMATION: Lines of three in a circle facing counterclockwise

Position: Join inside hands

Start: Right foot

DANCE:

- | <u>Measures</u> | <u>Figure</u> |
|-----------------|--|
| 1-8 | I. Moving counterclockwise start with the right foot. Take four running schottische steps: 1, 2, 3, hop; 1, 2, 3, hop; 1, 2, 3, hop; 1, 2, 3, hop. |
| 9-16 | II. Face center of circle. Starting with right foot,
step on right foot in front,
step on left foot in back,
step on right foot in front, then
hop on right foot and
bring left foot to front position.

Repeat above action, starting with left foot (Step, step, step, hop)
Repeat again, starting with right foot and do 3 stamps with left foot.
(The entire action of II is repeated starting with the left foot doing 3 sequences of step, step, hop and finishing with 3 stamps of right foot).

Repeat I and II in order. |
| P. S. | Traditionally Kolos are not danced in separate groups but only in one big ring around the room which signifies the unity of the group and the harmonious participation in the social event of the evening. |

ROSENSTOCK
(Rosestock)

SOURCE: Chicago's 7th International Square Dance

RECORD: Polydor 49009

NATIONALITY: German

SKILLS:

SHEET MUSIC:

FORMATION: Lines of three, facing counterclockwise, scattered around the room or in a circle.

Position: Inside hands joined.

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-2	I. The right hand person runs under an arch made by the center person and the left hand person with 6 running steps. The center person turns under his own left arm.
3-4	Left hand person goes under arch made by center person and right hand person with 6 running steps.
5-8	Repeat measures 1-4

CHORUS

1	The three join hands to make a circle. Step left with left foot, bring right foot to left but do not put weight on it. (This could be called a balance left).
2	Balance to the right with right foot.
3-4	Run 6 steps to the left.
5-8	Repeat measures 1-4 of chorus.
1	II. Keep hands joined in a circle. The center person ducks his head under the arch made by right and left hand persons by balancing forward on left foot.
2	Balance back into the circle with right foot.
3-4	Right hand person ducks under and back.
5-6	Left hand person ducks under and back.
7-8	Center person ducks under again.

CHORUS

1-8	Same as before.
1	III. Drop hands in a circle and cross right wrist over left and then join hands around the circle. (If one stands on the ball of the feet with the left foot forward the turning can be done very smoothly). (fifth position)
2	Each makes a right turn half way around under his right arm and brings his hands all the way down as he faces away from the center of his circle.
3	Turn back to starting position by turning left and bringing the right arm over the head.
4	Turn out.
5	Turn in.
6	Turn out.
7	Turn in.
8	Turn out.

CHORUS

1-8	Same as before except all face out. On last or 8th measure turn to face center and get into a straight line.
-----	--

TROIKA

SOURCE: Methodist World of Fun, page 14RECORD: MWOFF 105
Kismet 104
Folk Dancer MH 1059
Folkraft 1170

NATIONALITY: Russian

SKILLS: Run, arches, circle

SHEET MUSIC: Folk Dances for
All by Michael Herman

FORMATION: Lines of three, odd person in the center, facing counterclockwise around the room

Position: Hands joined, dancers as far apart as joined hands will allow; ladies' outside arms are lifted sideways at shoulder level.

Start: All with the right foot.

TEMPO: lively

DANCE:

MeasuresFigure

- 1-4 I. RIGHT, TWO, THREE, FOUR; LEFT, TWO, THREE, FOUR
All starting with the right foot, take four running steps diagonally forward to the right; then four running steps diagonally forward to the left.
- 5-8 FORWARD, TWO, THREE, FOUR; FIVE, SIX, SEVEN, EIGHT
Run eight steps directly forward.
- 9-16 RIGHT LADY UNDER
Keeping the hands joined with the man, the right hand lady runs in front of the man, under the arch formed by the man and the left hand lady, and back to place in eight running steps. The other two run in place with the man turning to the left under his own left arm as the right hand lady runs under the arch.
- 17-24 II. CIRCLE LEFT
Threes join hands to form a small circle and run to the left with twelve running steps, then three stamps in place for counts one and two.
- 25-30 CIRCLE RIGHT
Take twelve running steps to the right ending so that the man is facing counterclockwise.
- 31-32 ON TO THE NEXT
The man ducks under the arch formed by the two ladies and moves forward in the large circle to join the next line. Ladies take four steps in place.
- VARIATION: I. FORWARD, TWO, THREE, FOUR; FIVE, SIX, SEVEN, EIGHT
All run forward eight steps.
- BACK, TWO, THREE, FOUR; FIVE, SIX, SEVEN, EIGHT
All run backward eight steps.
- RIGHT LADY UNDER; LEFT LADY UNDER
The right hand lady ducks under an arch formed by the man and the left hand lady; then the left hand lady ducks under an arch formed by the man and the right hand lady (all in eight steps).
- II. Same as above.

NOTE: There is a slight pause in the music between parts one and two. It is suggested that the dancers pause with the music as this is the only "breathing place" in the dance.

THREE MAN'S REEL

SOURCE: Dances of the People, page 64
Folk Dances of Denmark, page 68
Danish Folk Dances, page 15

NATIONALITY: Danish

SKILLS: Buzz step, reel step, walking step

SHEET MUSIC: see source

FORMATION: Line of three, two ladies and one man or vice versa. Odd person in center.

Position: Hands joined in a circle.

Start:

DANCE:

MeasuresFigure

1-4
repeat

I. CIRCLE LEFT

All join hands in a circle and placing the right foot toward the center of the circle, buzz step circle to the left. On the last two beats the ladies release each others hands and swing out to form a line with the man in the center. The man and the right hand lady face each other about three steps apart, the left hand lady stands directly behind the man, facing the same direction he does.

5-12
repeat

REEL

The man and the right hand lady dance fourteen reel steps in place, the man finishing by stamping three times. The man faces the left hand lady and they repeat the reel steps. The ladies do not stamp.

1-4
repeat

II. GRAND RIGHT AND LEFT

The three dancers walk through a Grand Right and Left as follows: Man and left hand lady join right hands and change places, left hand lady changes places with right hand lady, (using left hands), right hand lady and man join right hands and change places. The left hand lady and the man join left hands and change places, the two ladies join right hands and change places. This leaves the right hand lady in the center with the left hand lady on her left and the man on her right. In dancing the Grand Right and Left all move continuously.

5-12
repeat

REEL

The two ladies face each other and dance fourteen reel steps, the lady in the center finishing by stamping three times on measure 12. The center lady and the man repeat the reel and the stamps.

1-4
repeat

III. GRAND RIGHT AND LEFT

As above, finishing with the left hand lady in the center.

5-12

REEL

As above.

1-4
repeat

IV. CIRCLE LEFT

All join hands and circle left finishing in the circle formation.

NOTE: Reel Step:

Begin with right foot, swing right directly behind the left, place the weight on the right, then hop slightly forward on the right. Repeat with left, and so on, stepping back and hopping with alternate feet. Done in place.

SIDE BY SIDE

SOURCE Roundup, May, 1952 V. 5, No. 5RECORD: Sets in order 1041
Old Timer 8075
MacGregor 677
London 238
Columbia 39514

NATIONALITY: American

SKILLS: grapevine, bleking

SHEET MUSIC: popular sheet music

FORMATION: Lines of three or more, facing counterclockwise

Position: Hands joined in lines.

Start: All with left foot.

TEMPO: 4/4

DANCE:

Measures	Figure
1-4	I. POINT LEFT, KICK, GRAPEVINE LEFT. Point left foot forward, touch toe to the floor, kick left foot up causing a slight hop on the right foot. Start the grapevine with the left foot in back of the right, then right foot to the side, step slightly forward on the left.
5-8	II. POINT RIGHT, KICK, GRAPEVINE RIGHT. Point right foot forward, touch toe to floor, kick right foot up causing a slight hop on the left foot. Start the grapevine with the right foot in back of the left, then the left foot to the side, step slightly forward on the right foot.
	III. STAGGER RIGHT, LEFT, RIGHT Instead of pointing right foot at the end of the grapevine, move forward by placing right foot in front of left, left in front of right, right in front of left.
	VI. LEFT -, RIGHT -, LEFT, RIGHT, LEFT Bleking steps (as in Herr Schmidt or Ace of Diamonds): Extend the left heel forward, bring the left foot back. At the same time extend the right heel forward. In rapid succession change to left, right, and left. The left foot is now forward to start the dance again.

SOYOTTE LORRAINE

SOURCE: Viltis, (folklore magazine)

RECORD: Folkraft 1091

NATIONALITY: French

SKILLS: bleking step

SHEET MUSIC:

FORMATION: Line of three in a circle

Position: inside hands joined

Start:

DANCE:

Measures	Figure
1-8	I. Jump and extend left heel forward turning body in a counterclockwise direction. One measure. Jump, extend right heel forward. During the next two measures execute four jumps as above. Repeat all of the above once again. Now there is a one-measure interlude during which time the dancers may either stand still or mark time in place. Repeat all of the above minus the interlude.
9-16	II. During the next 8 measures, without releasing hands, turn to face a counterclockwise direction and either skip forward or polka. Do a regular West European type of polka (not Lithuanian style) forward around the room.

VINGAKER DANCE

SOURCE: Swedish Folk Dances, page 46

RECORD:

NATIONALITY: Swedish

SKILLS: Dal step, step-hop waltz, old Swedish waltz,
Vingaker steps

SHEET MUSIC: See source

FORMATION: Line of three, two ladies and one man.

Position: Man in center holds a hand of each lady; free hands on hips.

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	I. All dance forward with four Dal steps.
5-8	Man dances four Dal steps in place, turns quarter of a circle to the left at the same time the ladies take the index fingers of the gentleman, turn, dancing step-hop-waltz, one complete turn around, the lady on the man's right turning to the left and the other lady to the right.
9-16	Repeat three times. The last time the man swings toward the left, so that all, having danced a square during the figure, at the end will be in the center of the square, facing the front.
17-20	II. The man dances Dal steps in place, takes with his left hand the left hand of the lady on his right and passes her in front to the lady on his left. The ladies make a chain with right hands and change places with Dal steps. The man and the left lady dance around in place with step-hop-waltz.
21-24	The right lady, facing the front, dances Dal steps in place.
25-32	Repeat II with left hand lady. (When dancing around the man puts both hands at the lady's waist, and the lady both hands on the man's shoulders).
1-8	III. Left lady and man dance Dal steps in place and form an arch. Right lady passes under dancing Dal steps, followed by the man. All face front.
9-16	The right lady and the man dance Dal steps in place and form an arch. The left lady dances under with Dal steps. The man passes the right lady over to his left, so that the ladies change places, facing the rear all dancing Dal steps. First back four steps, then front. After this the man dancing Dal steps in place passes first the right lady, then the left lady back to their places.
17-24	IV. The man dances with step-hop-waltz, left arm raised and right hand on hip, one turn around to the left, while the left lady takes the man's left index finger and dances step-hop-waltz around under the man's arm, turning to the right, at the same time circling around the man. The right lady, turning to the right, dances old Swedish waltz one turn, circling around the man, starting to the right.
25-32	The man then facing lady to right dances one turn around in place with step-hop-waltz to the right, right arm raised, left hand on hip. Right lady takes his right index finger and dances step-hop-waltz around under the man's arm, turns to the left and circles around the man, starting to the left. The left lady, turning around to the left, dances old Swedish waltz one turn, circling around the man, starting to the left.
17-32	V. The three form a circle, placing right hand on right shoulder of the one to the right and the left hand on shoulder of the one to the left and dance old Swedish waltz three times around in place to left.
1-8	VI. The man kneels on right knee, the left lady sits on his knee and claps her hands. The right lady dances old Swedish waltz one turn to the right around the man starting to the right.
9-14	Repeat VI with right lady.
15-16	Then the man resumes standing position, hands on hips, facing front. The right lady steps behind the man and puts her hands on his shoulders. The left lady steps behind the right lady, puts her hands on the right lady's shoulders. The right lady bends her head to right, left lady bends her head to left.

VINGAKER DANCE cont. -

- 1-16 VII. All place the left foot on the floor and kick forward with the right foot, dancing in place steps resembling step-hop-waltz, the difference being that when the feet are raised they are swung with straight knee right foot forward, left foot slightly backward, the body swaying forward and backward. The dancers move first a few steps backward, then forward when the man faces about toward the right lady.
- 17-24 VIII. The man and the right lady dance old Swedish waltz in a circle away from the front, followed closely by the left lady dancing old Swedish waltz, holding the left index finger at her mouth, her face sad.
- 25-32 Man and left lady dance old Swedish waltz toward the front, followed by the right lady, who dances in the same way as described above. The figure is repeated, after which the right lady steps a little to the left and behind the left lady, putting her hands at waist of left lady, both turned to the left. Man is in front of and facing them.
- 1-8 IX. Ladies dance old Swedish waltz backward, while the man first takes the right hand of the left lady in his right hand, and with a step like the Pas-de-Basque step, swings his feet to the right over the lady's hand, takes three short steps, beginning with left foot, takes lady's left hand in his left, and with another Pas-de-Basque step swings his feet to the left over her hand, then takes three short steps, beginning with the right foot. Left lady steps to the right behind the right lady, putting hands at the right lady's waist and the man takes in the same way as described above the right lady's hands and swings his feet over them.
- 9-16 The right lady steps in her turn to the right behind the left lady, and the figure is repeated until all, having completed a circle to the right, have again returned to the front, where the right lady takes the left lady's right hand in her left, both facing left, as seen from front, the man in front of and facing them.
- 1-16 X. The ladies dance backward with step-hop-waltz away from the front and then toward the front, followed by the man dancing Vingaker steps. At the end of the figure they all stop, ladies facing the rear, man in front of and facing ladies.
- 17-24 XI. The man dances swinging, 8 steps backward with Dal steps; ladies dance old Swedish waltz away from the front, right lady turning around to the right and left lady turning to the left. They pass each other behind the man and dance to starting position.
- 25-32 They dance Dal steps toward the front. The man, dancing Dal steps in place, raises his arms and the ladies turn around once under his arms. The dance is finished all facing the front with left foot on the floor with appel and swinging right foot forward.

SPINNRADLE
(The Spinning Wheel)

SOURCE: Osterreichische Volkstanze, V. 1

NATIONALITY: Austrian

SKILLS: waltz

SHEET MUSIC: see source

FORMATION: Lines of three facing line of direction.

Position: Man in lead holding outside hands of other two who stand next to each other with inside hands joined.

Start: All on left foot.

TEMPO: 3/4

DANCE:

<u>Measures</u>	<u>Figure</u>
1-8	I. WALTZ FORWARD, TWO, THREE; TWO, TWO, THREE; THREE, TWO, THREE; etc. All do a two step waltz forward starting on the left foot. The man pulls the ladies who resist slightly. The man looks back first left, then right. On the third beat of the seventh measure and the first beat of the eighth measure the man stamps left and right.
9-11	II. MAN BACK, RIGHT LADY TURN, LEFT LADY TURN, MAN TURN The man pulls the ladies forward gently and rapidly, backs under the ladies' joined hands. The right hand lady makes a full turn on the second and third beats of measure nine in preparation for measure ten. The right hand lady backs between the other two with one step and the left hand lady makes a full turn right on the second and third beats of measure eleven. In doing this she bows slightly to go under the others' raised hands. The man makes a full turn left on the second and third beats of measure eleven thus arriving in the original position. (the cue "MAN BACK" is given at the end of the eighth measure).
12-14	REPEAT Repeat measures 9-11.
15-16	FORWARD, TWO, THREE; JUMP All take three steps forward and man does a vigorous jump.
17-24	Repeat measures 9-16.

Repeat dance.

NOTE: During measures 1-8 the dancers do a two-step (step, close, step) waltz which is found in many old Austrian Folk dances. During measures 9-24 the dancers do a simple running waltz. The man emphasizes the 1st beat in each measure. The ducking always takes place on the 1st beat of the measure, and the turning on beats two and three in preparation for the ducking. The man pulls the ladies ahead while he ducks. Otherwise the wheel becomes stationary instead of spinning. The running waltz is carried out without stamping while the spinning wheel figure is done.

STROMMT EM BABELI
(Swiss Dance for Three)

SOURCE: The Roundup

RECORD: Folk Dancer MH 1114

NATIONALITY: Swiss

SKILLS: star, step hop schottische

SHEET MUSIC: Michael Herman

FORMATION: Line of three, two ladies and one man, man in center

Position: Facing counterclockwise, hands joined shoulder high

Start:

DANCE:

MeasuresFigure

- | | |
|-------|--|
| 1-8 | I. CIRCLE AND ARCHES. In small circle of three, arms stretched taut. Take eight Swiss schottische steps to left, beginning left foot (step, together, step, hop). |
| 9-16 | Repeat in opposite direction, beginning with left foot. End all facing forward, man holding hand of lady on either side high in arches. |
| 17-24 | The two ladies circle around man with 16 hop-steps. Right hand lady goes counterclockwise; left hand lady goes clockwise. Right hand lady goes under the arch made by man and left hand lady, the left lady goes under. Ladies go twice around man in these 8 measures. Man dances in place.

Repeat measures 17-24. |
| 1-8 | II. THE MILL AND ELBOW HOOK. The three make a right hand mill taking the right wrist of person in front, leaning away from center.

Take eight Swiss schottische steps clockwise, beginning left foot. Drop hand hold on last measure making a half-turn to right. |
| 9-16 | Repeat in opposite direction. End with three standing in a line. |
| 17-24 | Man hooks right elbow with right hand lady and dances four hop-steps around clockwise. Repeat with left elbow with left lady turning counterclockwise. Repeat with each girl twice. The lady who is not dancing with the man places free hands on hips and turns with four hop-steps in place. Right hand lady turns right, left hand lady turns left. For a mixer man may move ahead and dance with next two ladies, on this figure. Repeat measures 17-24.

Repeat Figures I and II. |
| 1-16 | III. CIRCLE
Repeat first part of dance circling left and right. |

TEN PRETTY GIRLS (Hold that Line)

SOURCE: Partners All, page 28

NATIONALITY: American

SKILLS: grapevine, walk

FORMATION: Lines of three or more dancers

Position: Arms either over each others shoulders or at each others waists.

Start: All weight on right foot, point left

RECORD: Folkraft 1036
MWOFF 113
Old Timer 8004
Globe 5003
MacGregor 605

SHEET MUSIC: old popular tune
"Ten Pretty Girls"

TEMPO: 4/4

DANCE:

MeasuresFigure

- 1-2 TOUCH LEFT, SIDE; GRAPEVINE LEFT
With the weight on the right foot, touch the left over in front of the right, touch the left to the side, and with a grapevine step, step left behind, right to the side, left slightly forward.
- 3-4 TOUCH RIGHT, SIDE; GRAPEVINE RIGHT.
Repeat above starting right.
- 5-8 WALK LEFT, RIGHT, LEFT, RIGHT; LEFT, BRUSH, STAMP, STAMP, STAMP.
Walk forward four steps starting left, then step left, brush right, stamp right, stamp left, stamp right.
- Repeat dance four times during each melody.

VARIATION: Make the dance progressive by having the center person move forward on the last three steps if the dance is done in threes.

W H E A T

SOURCE: Treasures from Abroad, page 4

NATIONALITY: Bohemian

SKILLS: Promenade, elbow turn

FORMATION: Lines of three, odd person in the center.
Lines facing counterclockwise around a large circle.

Position: Arms linked in line.

Start: All with left foot.

RECORD: Victor 45-6182
41-6182

SHEET MUSIC: Folkgames of
Bohemia and Moravia, page 42
Treasures from Abroad - Handy
Kit O, page 4

DANCE:

MeasuresFigure

- 1-8 PROMENADE
All walk forward sixteen steps with a heavy accent.
- 9-12 RIGHT HAND PARTNER WITH THE RIGHT ELBOW
The center person turns the right hand partner with right arms linked, skipping eight steps to turn twice around.
- 13-16 LEFT HAND PARTNER WITH THE LEFT ELBOW
The center person turns the left hand partner with left arms linked, skipping eight steps to turn twice around.
- Repeat all.

THIS OLD HOUSE

SOURCE: American Squares MagazineRECORD: Windsor 7139 7439
4429

NATIONALITY: American adaptation

Old Timer 8099
Sets in Order 1037 2067
Longhorn 200 109

SKILLS: Pas-De-Basque

SHEET MUSIC: popular tune

FORMATION: Line of three, two ladies, one man,
man in center

Position: facing line of direction, inside hands joined

Start: left foot

DANCE:

Measures Figure

1-4 WALK, TWO, THREE, TURN INDIVIDUALLY
 BACK UP, TWO, THREE, FOUR.
 Walk forward four steps in line of direction, turn individually to end with back
 to line of direction. Back up four steps in line of direction, inside hands joined.

5-8 REPEAT action of measures 1-4 in reverse line of direction.

9-10 PAS-DE-BASQUE OUT, PAS-DE-BASQUE IN.

11-12 TURN INDIVIDUALLY, TWO, THREE, FOUR.

13-16 LADIES TWO-STEP IN PLACE
 MAN TWO-steps FORWARD, twirls the new ladies under his arms.

(Dance pattern to this record 8 times, ending with 4 walks, 2 twirls for ladies and bow).

YANKEE DOODLE

SOURCE: Sing and Dance, page 48

RECORD: Folkraft F1080

NATIONALITY: American

SKILLS: Promenade, elbow turn

SHEET MUSIC: see source

FORMATION: Lines of three, odd person in the center,
facing counterclockwise in a large circle.

Position: Arms linked in lines.

TEMPO: 2/4

Start:

DANCE:

Measures Figure

1-8 I. PROMENADE
 All walk forward briskly sixteen steps.

9-12 II. TURN THE RIGHT HAND LADY WITH THE RIGHT ELBOW
 The man drops the arm on the left hand lady, links right arms with the right
 hand lady, and turns twice with her, eight steps. Inactive lady keeps time
 with hands.

13-15 III. TURN THE LEFT HAND LADY WITH THE LEFT ELBOW
 Without breaking the rhythm or stopping, each man links left arms with the
 left hand lady and turns twice with her, eight steps. Men move up to the next
 two ladies to repeat the dance.

Repeat as desired.

NOTE: Staying with the left hand lady for the full eight counts may mean that the men have
 to scramble to reach their new partners -- but that is part of the fun.

TRIPLE SCHOTTISCHE
(Rheinlander for 3)
(One Version)

SOURCE: Roundup MagazineRECORD: Folk Dancer 1050
Bumblebee Decca 45059

NATIONALITY: German

SKILLS:

SHEET MUSIC: Any medium tempo
schottische

FORMATION: Line of three

Position: Column of threes, odd person in front

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	Two basic schottische forward, forming line on last four step-hops.
5-8	Two basic schottische, forward with right under and left over on last four step-hops.
9-12	Two basic schottische, forward with left under and right over on last four step-hops.
13-16	Two basic schottische, forward with right under and left over on last four step-hops. Evens face odd. (Ladies face man).
1	Ladies pulling man with one basic schottische step backward.
2-3-4	Man's right hand up, left hand under; ladies change place in line, circle left.
5-8	Repeat, sending man under to line of three ahead.

TRIPLE SCHOTTISCHE
(Rheinlander for 3)
(Another version)

SOURCE: Dance Lightly, page 21
Folk Dancing for Fun, page 6RECORD: Any even tempo
schottische record

NATIONALITY: German

SKILLS:

SHEET MUSIC: Dance Lightly, p.20FORMATION: Line of three, two ladies and one man or vice versa,
odd person in front.

Position: Inside hands joined in a line, ready to move forward

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	Each line of three stands for a full count Forward with a schottische step starting with the left foot, Left, right, left, hop left, right, left, right, hop right. Step-hop, step-hop, step-hop, step-hop.
5-8	Repeat again but on second hop, man claps his hands and ladies take his hands during the step-hops to stand abreast, first lady to the right.
1-4	All go forward one full schottische figure.
5-8	Repeat schottische figure again but during the step-hops, the man raises his left hand and the right lady goes under. Each makes a 1/2 turn to face the other way.
9-12	All go forward and repeat full schottische figure.
13-16	Repeat schottische figure again but during the step-hops, the man raises his right arm and the left lady goes under. Each makes a 1/2 turn ending by facing original direction.



Sixes



"Sixes" are patterned after the Sicilian Circle figure. One line of three faces another and both have fun doing the figures to a lively tune. All lines of three pass thru and meet new people. This progression can be used during a good share of the evening simply by changing tunes.

ALFELDER

SOURCE: Methodist World of Fun, page 34

RECORD: MWOFF 115

NATIONALITY: German

TEMPO: Two beats per measure
with a lilt

SKILLS: Circle, elbow swing, bow, pass through

SHEET MUSIC: The Dunsings

FORMATION: Line of three, two ladies and one man, man in center

Position: Two lines of three facing each other, sets of six

Start: Hands joined in circle

DANCE:

- | <u>Measures</u> | <u>Figure</u> |
|-----------------|--|
| 1-8 | I. CIRCLE SIX
Circle six eight steps to left; circle right to place and fall back to line. |
| 9-16 | II. TWO GENTS TURN WITH THE RIGHT ELBOW,
RIGHT HAND GIRL WITH THE LEFT ELBOW,
LEFT HAND GIRL WITH THE RIGHT ELBOW
BACK TO THE LINE OF THREES.
The two men meet in the center, hook right elbows, walk around each other in four steps, each to meet his own right hand lady.
With the left elbow turn four steps, meet own left hand lady.
With the right elbow turn four steps, back in line in four steps. |
| | III. (Same music as II)
BOW TO THE OPPOSITE THREE (equivalent to four steps in time)
FORWARD, PASS THROUGH TO THE NEXT AND BOW.
All three's, in lines, pass through their opposite three, dropping hands as they go, passing right shoulders with the person they face in eight steps.
Bow to opposite three equivalent to four steps. |

NOTE: This is a traditional folk game from the little town of Alfeld, near Hanover in Germany.

VARIATION: Line of three may be lady in the center with two men.

BRANLE A SIX

SOURCE: Physical Activities for Elementary Schools, page 130

NATIONALITY: French

TEMPO: 2/4

SKILLS: Walk, hop, elbow turn

SHEET MUSIC: see source

FORMATION: Line of three, two ladies and one man, man in center

Position: Sets of six, two lines of three facing each other 6 to 8 feet apart. Two ladies hook arms with center man. Men hold arms shoulder high with palms facing forward.

Start: All on left foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1-2	I. WALK, TWO, THREE, HOP Beginning with left foot, walk forward three steps, hop on left on count four.
3-4	WALK, TWO, THREE, STAMP Walk forward three steps, stamp with left on count four. On count three man claps both hands with opposite man.
5-8	BACK, TWO, THREE, HOP Start back on right foot. BACK, TWO, THREE, STAMP Should be back in original position.
1-8	REPEAT I.
9-12	II. TURN THE RIGHT HAND LADY WITH THE RIGHT ELBOW Man hooks right arm with lady on his right, turn with 8 walking steps.
13-16	TURN THE LEFT HAND LADY WITH THE LEFT ELBOW Man hooks left arm with lady on left, turn with 8 walking steps.
9-12	III. OPPOSITE RIGHT HAND LADY WITH THE RIGHT ELBOW Man advances to lady diagonally opposite to right, hooks right arm and turns the lady 8 walking steps in all. In doing this the men swagger past each other with chests thrust out and thumbs hooked in their vest armholes.
13-16	THAT LEFT HAND LADY WITH THE LEFT ELBOW Man turns the lady now on his left, left arms hooked, in 8 steps, finishing between the two ladies. Repeat entire dance finishing with men in original position.

NOTE: In France, dances vary from one province to another. This dance comes from the province of Breese, in the historic old duchy of Burgoyne, famous for its vineyards that are the source of Burgundy wine. The lilting measures of this dance reflect the light hearted gaiety of the people.

COME, LET US BE JOYFUL

SOURCE: Methodist World of Fun, page 10
And Promenade All, page 25
Min Skal, Din Skal
FOLK Dances of European Countries, page 61
Dances of the People, page 71
Treasures from Abroad

RECORD: MWOFF 102
 Victor 45-6177
 Victor 41-6177

NATIONALITY: German

SHEET MUSIC: Dances of the People, page 7
And Promenade All, page 25
Treasures from Abroad
Handy Kit O
Folk Dances from Germany, page 2
Folk Dances of European Countries, page 63

SKILLS:

FORMATION: Line of three, two ladies and one man or vice versa, odd person in the center

Position: Lines of three face each other in sets of six. Five to six feet separate the lines from each other.

Start:

DANCE:

Measures Figure

3/4 - one beat per measure

- 1-8 I. FORWARD AND BOW
 Three's join hands should high and advance three steps toward the other and bow on the fourth count (the "ful" of the word "joyful"). Retire to places with 4 steps. Repeat
- 9-16 II. ELBOW SWING
 The music becomes faster as the man links right arms with the girl at his right and skips around her, then links left arms with the lady who was at his left and skips around her. Repeat right and left arm swings. The girl not in action may skip in place if she likes.
- 1-8 III. FORWARD AND BOW, PASS THROUGH
 The lines of three advance toward each other and retire. They advance toward each other once more, drop hands, and each person passes right shoulder with the opposite to meet another line which is advancing from the other direction.

There is music on the record for four times through.

POP! GOES THE WEASEL!

SOURCE: And Promenade All, page 16

RECORD: MWOFF 104
 Victor 45-6180
 41-6180
 Folkraft 1014 1329
 1007
 Folk Dancer MH 1501
 Windsor 753

NATIONALITY: American

SKILLS: natural

FORMATION: Threes, shaped like a triangle, holding hands. The odd one is behind.

Position: Arms at length

Start: left foot

DANCE:

Measures Figure

- 1-2 Circle left
- 3-4 Circle right
- 5 Two steps forward
- 6 Two steps back
- 7-8 Raise hands and "POP" the weasel ahead.

DASHING WHITE SERGEANT

SOURCE: Morry Gelman's Folk Dance Institute, St. Cloud,
Teacher's College, July 18-23, 1951
California Folk Dance Federation, Folk Dances
from Far and Near, V. I, page 3

RECORD: Folkraft 1271
Imperial 1005
Beltona 1001A
Columbia DB 1277
(recorded in England)

NATIONALITY: Scottish

SKILLS: side slip, walk, the hey

SHEET MUSIC: Mammoth Orchestra
Collection, Carl Fischer
Songs of the World, p. 40

FORMATION: Two lines of three facing each other, in set of six. Odd person in the center.

Position: Six join hands in a circle.

Start: All on left foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1-8	SIX HANDS AROUND All six join hands in circle and take four slip steps to left and back to the right.
1-8	SET The center person set to the right hand person. (Set: Pas de Basque right and left with both hands joined). Hook right elbows and turn once around with the progression steps. (See Note) The center person set to the left hand person. Hook right elbows and turn.
1-8	REELS OF THREES Center person, starts by passing left shoulders with right hand partner, describes a figure eight; the right hand partner passes right shoulders with the third person with the result that all three dance a figure eight simultaneously. Continue until all are in original places.
9-12	ADVANCE AND RETIRE Each line of three, joining hands in straight lines, advance with two progression steps.
13-16	PASS THROUGH Lines advance again, passing through opposite line right shoulder to opposite's right shoulder, to meet another line of three coming toward them. Repeat entire dance.

NOTE: Progression step or Skip Change of Step: "This step should be done on the tips of the toes. The right foot is brought forward with the toe pointed and the knee almost straight, while a little hop is made on the left foot, then step forward on the right foot, bring the left close behind, step forward, on the right and hop on it, bringing the left in front with a knee bending slightly and so on. The well-pointed toe is raised but a slight distance from the ground. Count: 'and, step, step, step.'" (Jean Milligan)

Pas de Basque: Spring sideward right, step small step left, in front on right foot, barely taking weight, step back in place right and stretch left leg forward with toe pointed and close to floor. Swing left in small arc to spring left to start alternate step.

NOTE 2: The Scottish Country Dance Society in Scotland dances I as follows:
Six Hands Around (Measures 1-8 (A) with 8 slip steps left followed by 8 slip steps right. The slip step is taken sideward and is like a slice taken on the balls of the feet. The heels do not click and feet do not scrape the floor. The Argyll and Sutherland Highlanders of Canada prefer a right forearm grasp to hooking right elbows when turning partners.

PROGRESSIVE THREE'S CIRCLE

SOURCE: Honor Your Partner, page 90

RECORD: Any Square Dance Music

NATIONALITY: American

SKILLS: do sa do, swing allemande Right allemande left,
dishragSHEET MUSIC: Any good Square
Dance Music

FORMATION: Line of three, odd person in the center

Position: Two lines of three facing each other in sets of six. Sets arranged in a circle around the room. Person to right of center person is partner; person to left of center person is corner.

Start:

TEMPO 2/4

DANCE:

<u>Measures</u>	<u>Figure</u>
-----------------	---------------

chord	I. HONOR YOUR PARTNERS
chord	HONOR YOUR CORNERS
1-4	CIRCLE LEFT (circle of six)
5-8	CIRCLE RIGHT
1-4	RIGHT HAND OVER, LEFT HAND BACK
	Give right hand to opposite person, exchange places. Give left hand to same person and return to home position.

5-8	DO-SA-DO OPPOSITES
9-12	DO-SA-DO PARTNERS
12-16	DO-SA-DO CORNERS
9-12	FORWARD AND BACK
13-16	FORWARD AND THROUGH TO THE NEXT
	Pass right shoulders with opposite and meet a new line of three to form a new set.

II. (HONOR YOUR PARTNERS)	Omit if all 3 sequences are used consecutively.
(HONOR YOUR CORNERS)	
CIRCLE LEFT	
SWING YOUR PARTNERS	
CIRCLE RIGHT	
SWING YOUR CORNERS	
ALLEMAND RIGHT WITH YOUR PARTNERS	
Turn partner once around with the right hand.	
ALLEMANDE LEFT WITH YOUR CORNERS	
Turn the corner once around with the left hand.	
FORWARD AND BACK	
FORWARD AND THROUGH TO THE NEXT.	

III. (HONOR YOUR PARTNERS)	SEE II
(HONOR YOUR CORNERS)	
CIRCLE LEFT	
CIRCLE RIGHT	
WRING THE DISHRAG WITH YOUR OPPOSITE	
Join both hands with opposite. Keeping the joined hands raised and close together, turn under the joined hands and back to original position.	
WRING THE DISHRAG WITH YOUR PARTNER	
WRING THE DISHRAG WITH YOUR CORNER	
DO-SA-DO YOUR OPPOSITE	
FORWARD AND BACK	
FORWARD AND THROUGH TO THE NEXT	

Repeat as desired

GRASSHOPPER
(Ziogelis)

SOURCE: Morry Gelman's Folk Dance Institute
St. Cloud Teacher's College, June 18-23, 1951
Vyts Bjeljus

RECORD: Folkraft 1052

NATIONALITY: Lithuanian

SKILLS: polka, skip

SHEET MUSIC

FORMATION: Line of three, two ladies and one man, man in center

Position: Two lines of three face each other in sets of six. Man's arms around ladies' waists, ladies inside hands joined behind man's back, free hands holding skirts.

Start: All on right

DANCE:

- | <u>Measures</u> | <u>Figure</u> |
|-----------------|---|
| 1-4
Repeat | I. GRASSHOPPER STEP FORWARD AND BACK.
(This step is the basic step and precedes each new figure).
Do one polka step moving forward, starting with the right foot (one measure); do two more steps (ct. 1 and) left, right, drop on left foot with an accent and at the same time, bend the body forward and extend the right foot back (2) slight pause (and). Start again with the right foot to do one polka step backward (1 measure); do two more steps, right, left, (ct. 1, and) drop again on left foot, but lean body backward and at the same time extend the left foot forward (2) pause (and). |
| 5-8 | RIGHT HAND LADIES CHANGE
The right hand ladies clap hands on the first count, then dance toward each other, hook right elbows, turn once around, and exchange places. (All of this is done during the four measures, either with polka steps or skips). At the same time the men and left ladies balance, swaying toward each other and away. |
| 5-8 | LEFT HAND LADIES CHANGE |
| 1-4
repeat | II. GRASSHOPPER STEP FORWARD AND BACK
REPEAT I |
| 5-8 | RIGHT HAND LADIES HOME
The right hand ladies return to their places with sliding steps and right shoulders leading, passing each other back to back. At the same time each man and his left hand lady hook right elbows and skip or polka in place. |
| 5-8 | LEFT HAND LADIES HOME
The left hand ladies return to place in the same manner, each man hooking elbows with his returning right hand lady. |
| 1-4
repeat | III. GRASSHOPPER STEP FORWARD AND BACK
Repeat I |
| 5-8 | LADIES ARCH
The men slide to their right, out of the path of the facing ladies, and to the outside center of the set, both face each other (four slides to reach that place). Then do four foot-extension steps -- hop on left and at the same time extend the right heel forward, reverse. Four in all. Ladies meanwhile, with inside hands joined, exchange places with the opposite two going under the arch formed by that opposite pair. Ladies turn around and polka back to their places, with the other pair going under the arch. At the same time, men continue doing the extension step for four more times and with four slides return to own places and original positions. |
| 1-4
repeat | IV. GRASSHOPPER STEP FORWARD AND BACK
Repeat I |
| 5-8 | RIGHT HAND OVER, LEFT HAND UNDER
Man holds hands of both ladies, both ladies change places at the same time, with the right hand lady going under the arch formed by the man and the left hand lady. While the change is done, each line of three turns so that its back is toward the center of the set. |

GRASSHOPPER cont. -

- 5-8 REPEAT above once more, turning back to face the other line of three and with the left lady going under the arch.
- 1-4 V. GRASSHOPPER STEP FORWARD AND BACK
repeat Repeat I
- 5-8 CIRCLE THREE TO THE RIGHT
Form little circles of threes, hands joined, polka right.
- 5-8 CIRCLE THREE TO THE LEFT
Reverse and polka left. End in position for refrain.
- 1-4 VI. GRASSHOPPER STEP FORWARD AND BACK
Repeat Repeat I
- 5-8 CIRCLE SIX TO THE RIGHT
Both lines of threes join hands to form a large circle of six.
Polka to the right.
- 5-8 CIRCLE SIX TO THE LEFT
Reverse and polka left. End with two lines facing each other and bow.

DOUBLE SCOTCH REEL

SOURCE: American Squares Magazine

RECORD:

NATIONALITY: American adaptation

SKILLS: chain, "hey"

SHEET MUSIC:

FORMATION: Two lines of three facing each other in sets of six.

Position:

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
8	Man in center swings right hand partner with right elbow
8	Swings left hand partner with left elbow
16	Ladies chain with right* hand partner
16	Promenade with your left* hand partner
16	Reels of three
	(All weave a "figure 8" simultaneously in line of threes; this is the same as a "hey" for three).
8	Forward six and back
8	Forward again and pass thru (to next)

NOTE: Usually in this formation each man with a lady on either side of him face another similar line; however, the dance may also be done if the line is one lady flanked by two men. In the latter case the words marked (*) are reversed -- so the lady chains with her left hand partner.

P. S. Swing is associated with "Texas" and is the same as "turn" your right hand partner.

THREE MEET

SOURCE: Country Dances of Today, page 6RECORD: Folkraft 1112 1262
Folk Dancer MH 3025
Columbia DB 569

NATIONALITY: English

SKILLS: Walk, elbow turn, basket

SHEET MUSIC: Country Dances
of Today, page 15

FORMATION: Line of three, odd person in the center

POSITION: Two lines of three facing each other in sets of six counterclockwise
in a large circle. Arms linked in line.

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-8	I. ADVANCE AND RETIRE, AND CHANGE PLACES. Arms linked in line, three's go forward and back. Change to opposite side, each line moving around to the right.
1-8	II. ADVANCE AND RETIRE, AND CHANGE PLACES. Repeat above to original places.
1-4	III. CENTER ARM WITH RIGHT HAND PARTNER. The center person links right arms with the right hand person and turns twice around.
5-8	CENTER ARMS WITH LEFT HAND PARTNER. Repeat with left hand person
1-8	IV. THREES "CUDDLE UP" - basket style With arms linked behind backs to form a basket, the threes swing with a pivot step. This may be progressive, three's passing by one another as they swing (keep to the right) and finishing facing the next three. Repeat dance.

SIX HAND REEL
(Cor Na Sidheog - Cor Seisir)SOURCE: Dances of the People, by Burchenal, page 27

NATIONALITY: Irish

SHEET MUSIC: see source

SKILLS: Promenade Step and Side Step

FORMATION: Line of three, two ladies and one man. Man in center.

Position: Two lines of three facing each other in a set of six. Inside hands joined in lines, elbows bent, hands at shoulder level

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-8	INTRODUCTION All stand still while 8 measures of music are played.
1-4	I. ADVANCE AND RETIRE The two lines of three advance toward each other with two promenade steps. With two promenade steps move back to place.
5-8	Advance and retire again. During last measure release hands.
1-2	II. CIRCLE ROUND All six join hands and circle "seven" to the right.
3-4	All release hands and dance "Two Threes" in place.
5-8	All face left and hands released circle left in single file with promenade steps.
9-16	Repeat to left. Finish in original positions.

SIX HAND REEL cont.-

- 9-12 III. SMALL CIRCLES
Each line of three joins hands in a small circle, dance to the right with the side step ("seven" and "two threes")
- 13-16 Then to the left. At the finish release hands and fall back to original position.
- 1-8 IV. FIGURE EIGHT
Each line of three (the man and the woman on his right facing each other and the woman on the left facing the same direction as the man) dance once around in a Figure Eight with promenade steps.
- 1-4 V. SIDE STEP
In each line of three the man and the right lady face each other, join right hands, and side step ("seven" and "two threes") in the direction of the opposite line of three. At the same time the left lady of each line dances the "seven" and "two threes" to her right to the place just vacated by the man and the right lady.
- 5-8 With the "seven" and "two threes" in the opposite direction all side step back to place.
- 9-12 Man and left lady REPEAT V.
- 13-16 With "seven" and "two threes" in the opposite direction all side step back to place.
- 9-12 VI. LINK ARMS
Each man turns the lady at his left with right elbow once around with promenade steps.
- 13-16 Each man turns lady at his right once around with left elbow.
- 1-2 VII. MEN SIDE STEP TO THE CENTER
In each line of three the right lady dances "seven" to her left in front of the man. Left lady dances "seven" to her right behind the man. (The two ladies exchange places). Man dances "two threes" in place.
- 3-4 Ladies dance "two threes" in their new positions. Man facing to his own right dances "seven" to the center of set.
- 5-6 The two ladies of each line return with "seven" to their own places. Right lady passes behind and the left lady in front. Man dances "two threes" in the center.
- 7-8 Ladies dance "two threes" in their original positions. Man returns to place with "seven" to his own right to original position.
- FINISH
- 1-2 VIII. ALL HANDS IN
All join hands in a circle and advance toward the center with promenade steps.
- 3-4 Retire, moving backward from center.
- 5-8 Advance and retire.
- 9-12 IX. CIRCLE ROUND (Right and left).
Hands still joined, all side step ("seven" and "two threes") around the circle to the right.
- 13-16 Back again to the left.
- 9-16 Advance and retire.
- 1-8 CIRCLE ROUND (left and right)
Side step around the circle to the left and then to the right.

NOTE: A "three" to the left - left, right behind, stop on left.
to the right - right, left, right (IRISH JIG).

"two three" - two of above

"seven" to the left - left, right behind, left, right behind, left, right, stop on left
to the right - right, left behind, right, left behind, right, left, stop on right

HIGHLAND REEL

SOURCE: American Squares MagazineRECORD: Folkraft 1271
Beltona 1001
Imperial 1005
Columbia DB 1277

NATIONALITY: American adaptation of a Scottish Figure

SKILLS:

SHEET MUSIC: Ford - Good
Morning, page 26FORMATION: Line of three, two ladies and one man or one lady and two men,
odd person in the center.

Position: Two lines of three facing each other in sets of six.

Start:

DANCE:

MeasuresFigure

FORWARD SIX AND BACK

Both lines advance toward opposite and back

CIRCLE LEFT ONCE AROUND

RIGHT HAND REEL WITH RIGHT HAND PARTNER

Man in center swings lady on his right

LEFT HAND REEL WITH LEFT HAND PARTNER

CIRCLE THREE TO THE LEFT

Join hands in lines of three and circle left

CIRCLE RIGHT BACK TO PLACE

FORWARD SIX AND BACK

Both lines advance toward opposite and back

FORWARD AGAIN AND PASS THROUGH (TO NEXT)

Lines of three pass through the opposite three, passing right shoulders
with the person they face and on to the next line of three.NOTE: The dance itself is an American adaptation of the Scottish dance of the same name.
In transition the original Scottish "reels of three" has become the simple right
then left elbow swinging (reel) described above.

IRISH SIX HAND REEL

SOURCE: The Second Folk Dance Book, page 52

NATIONALITY: Irish

SHEET MUSIC: see source, p. 54

SKILLS: Step "seven"¹ 1-2-3-4 step² short three³

FORMATION: Line of three, two ladies and one man, man in center

Position: Two lines of three facing each other to form sets of six. Hands joined in lines,
elbows bent. Free arms hang at sides unless otherwise indicated.

Start:

DANCE:

MeasuresFigure

1-2

I. ADVANCE AND RETIRE

Both lines advance to meet opposite with two 1-2-3-4 steps.

3-4

Retire with two 1-2-3-4 steps.

5-6

Advance two 1-2-3-4 steps.

7-8

Retire two 1-2-3-4 steps, forming a circle of six.

IRISH SIX HAND REEL cont. -

- 9-14 II. RING
Hands joined circle to the right six 1-2-3-4 steps.
- 15-16 Dance two "short threes" in place.
- 1-6 Circle left six 1-2-3-4 steps.
- 7-8 Dance two "short threes" end separating and all resuming original places in the set.
- 9-10 III. ADVANCE TWO
Each man crosses hands with the lady on his right, dances one "seven step" across to opposite side of the set with her. At the same time the lady on the left of the man dances one "seven step" to the opposite end of her side of the set.
- 11-12 All dance two "short threes" in place.
- 13-14 All return to place with "seven step".
- 15-16 All dance two "short threes" in place.
- 1-4 Each man crosses hands with the lady on his left and repeats as in measures 9-12.
- 5-8 All return to place as in measures 13-16.
- 9-10 IV. REEL. LINK ARMS.
Each man links right arms with the right hand lady and turns her with two 1-2-3-4 steps.
- 11-12 Man quickly changes to left hand lady, links left arms with her, and turns her with two 1-2-3-4 steps.
- 13-14 Repeat turn with right hand lady.
- 15-16 Repeat turn with left hand lady.
- 1-2 V. SIDE STEP TO CENTER
Right hand lady moves to the left in front of the man, left hand lady moves to the right behind the man, dances across to opposite end of their side of the set in one "seven step". At the same time the man dances two "short threes" in place, turns right shoulder to the opposite side of the set.
- 3-4 Ladies dance two "short threes" in place. Men dance one "seven step" to opposite side of the set, exchanging places.
- 5-6 Repeat as in 1-2, ladies return to own places.
- 7-8 Repeat as in 3-4, men return to own places.

REPEAT ALL FIGURES

- 1-4 FINISH
All give right hands in center. Dance four 1-2-3-4 steps around in circle.
- 5-8 Each line of three of the set join hands in a small ring and dance four 1-2-3-4 steps around in circle.
- 9-12 All give left hands in center and dance four 1-2-3-4 steps around in a circle.
- 13-16 Each line of three of the set join hands in a small ring and dance four 1-2-3-4 steps by themselves, moving to the right and finishing in their original places in the set.

- NOTE: (1.) "seven step" 1. Spring and land lightly on both feet, right foot in advance.
2. Step right foot to side on ball of foot.
3. Step left foot across behind right.
4. Step right to right side.
5. Step left foot across behind right.
6. Repeat 4
7. Repeat 5
- (2). 1-2-3-4 step. 1-2. Hop on left foot and at some time step forward with right.
3. Bring left foot up to right, left toe at heel of right foot.
4. Step forward on right.
- (3). "short three" 1. Swing left foot behind right and rest weight on it, and raise right foot.
2. Change weight to right foot and raise left.
3. Change weight to left foot and raise right foot.

RUSTIC REEL

SOURCE: Physical Activities for Elementary Schools, page 128RECORD: Folkraft 1248
Beltona 2480
Ford 1015

NATIONALITY: American

SKILLS: skip, slide, forward and back, forward and pass through

FORMATION: Line of three, two ladies and one man,
man in centerSHEET MUSIC: Physical Activities
for Elementary Schools, page 128
1000 Fiddle Tunes, M. M. Cole
Chicago, IllinoisPosition: Two lines of three facing each other in sets of six
Hands joined in line, sets arranged in a large circle

Start:

TEMPO 6/8

DANCE:

Measures	Figure
1-4	I. FORWARD AND BACK Lines of three move forward to greet the facing threes and back to place.
5-8	FORWARD AND BACK
9-12	II. SLIDE RIGHT Each man joins hands with the lady diagonally opposite to his right and dances eight slides right.
3-16	SLIDE TO PLACE Return to place with eight slides.
1-4	III. SLIDE LEFT Each man joins both hands with the lady diagonally opposite to his left and dances eight slides left.
5-8	SLIDE TO PLACE Return to place with eight slides.
9-12	IV. FORWARD AND BACK
13-16	FORWARD AND PASS THROUGH

Repeat dance with new set

RED RIVER VALLEY

SOURCE: Methodist World of Fun, page 12RECORD: Windsor 7129 7429
Western Jubilee 551
Old Timer 8001 8037
Fun 'n Frolic K702
Folk Dancer MH 3013
Folkraft 1056 1013 1269
MWOFF 104

NATIONALITY: American

SKILLS: circle, swing, star

FORMATION: Line of three, odd person in the center

SHEET MUSIC: Any songbook
with old American tunes

Position: Two lines of three facing each other in sets of six. Sets arranged in a circle.

Start: Hands joined in lines

DANCE:

Measures	Figure
1-4	I. OH YOU LEAD RIGHT DOWN IN THE VALLEY AND YOU CIRCLE TO THE LEFT AND TO THE RIGHT. Lines of three hold hands, move diagonally forward to the right to meet a new approaching set. Join hands and circle two steps to the left and then to the right to finish facing in original direction.
9-12	OH YOU SWING YOUR MAN (GAL) IN THE VALLEY,
13-16	AND YOU SWING YOUR RED RIVER MAN (GAL) Center person swings the one on the right and then the one on the left.

RED RIVER VALLEY cont. -

- II. OH YOU LEAD RIGHT DOWN IN THE VALLEY
AND YOU CIRCLE TO THE LEFT AND TO THE RIGHT.
Same as above.

OH THE MEN (GALS) MAKE A WHEEL IN THE VALLEY
AND THE GALS (MEN) DO-SA-DO SO POLITE.

The four end people make a right hand star in the center of the set, go once around the set and back to place. The center persons do-sa-do.

- III. OH YOU LEAD RIGHT DOWN IN THE VALLEY
AND YOU CIRCLE TO THE LEFT AND TO THE RIGHT.

OH YOU LOSE THAT MAN (GAL) IN THE VALLEY
AND YOU LOSE YOUR RED RIVER MAN (GAL)

The two right hand people walk diagonally across and change places. Then the two left hand people walk diagonally across and change places.

Repeat as desired.

SWEDISH DANCE

SOURCE: Country Dance Book, page 152

RECORD: Buffalo Gals, Imperial
1033

NATIONALITY: Swedish

SKILLS: swing, circle, star

SHEET MUSIC: Good Morning -Ford

FORMATION: Line of three, two ladies and one man,
man in center

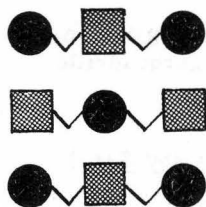
Position: Two lines of three facing each other in sets of six. Hands joined in line.

Start:

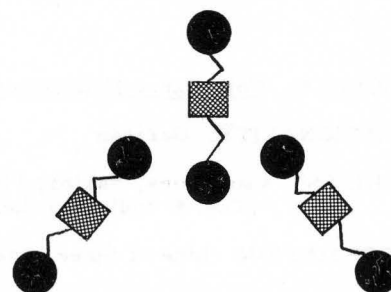
TEMPO: 2/4

DANCE:

Measures	Figure
1-8	I. FORWARD AND BACK and Repeat
1-8 repeat	BALANCE AND SWING RIGHT OPPOSITE LADY Each man balances and swings opposite lady on his right.
9-16	BALANCE AND SWING LEFT OPPOSITE LADY
9-16 repeat	GENTS TO PLACE, ALL FORWARD AND BACK; FORWARD AND PASS THROUGH. Meet a new line of three
1-8	II. ALL FORWARD AND BACK AND REPEAT All forward and back twice.
1-8 repeat	OUTSIDE LADIES, OPPOSITE TWO, THREE HANDS AROUND. The ladies toward the outside of the large circle join hands with the opposite man and inside lady and they circle several times around.
9-16	INSIDE LADIES, OPPOSITE TWO, THREE HANDS AROUND. The ladies toward the inside of the large circle join hands with the opposite man and outside lady and circle several times around.
9-16 repeat	ALL FORWARD AND BACK; FORWARD AGAIN AND PASS THROUGH. Meet a new line of three.
1-8	III. ALL FORWARD AND BACK AND REPEAT
1-4 repeat	LADIES RIGHT HAND STAR The four ladies form a right hand star and go half way around the set.
5-8	LEFT HAND BACK The ladies reverse the star and return to place.
9-16	SIX HANDS AROUND All join hands in set of six and circle.
9-16 repeat	ALL FORWARD AND BACK, FORWARD AGAIN AND PASS THROUGH



Nines



"Nines" are three sets of three's working together. They can be arranged in a triangle of threes, in a three point star, and three lines of three working in one set. When prompted slowly from the beginning, those taking part will experience new patterns of fun. Start with slower tempos by reducing record speed.

TINKERS' DANCE

SOURCE: Danish Folk Dances, page 16
Folk Dances of Denmark, page 87

NATIONALITY: Danish

SHEET MUSIC: see source

SKILLS: Tinker's step, Other Night's Step, Hop step, Walking step

FORMATION: Line of three, two ladies and one man, man in center

Position: One line of three faces line of direction (first three), two lines of three in opposite direction (second and third three), Sets of nine around the room

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	I. First man (man in first three) and his right lady face each other, and with a two hand grasp, dance four Tinker's steps in place.
5-8	Then they dance in place with "The Other Night's Step," the man holding the lady at the waist and she putting her hands on his shoulders.
1-8	Repeat with his left lady
9-10	II. First and second threes, with an appel, advance toward each other three steps, bow and
11-12	retire.
13-16	First man lifts both arms and his right lady, holding man's hand, turns left in place twice with hop steps under his arm.
9-16	Repeat with left lady.
17-20	III. First and second threes circle left (arm grasp) with hop steps.
21-24	Repeat to the right.
17-24	Each line of three circles left and then right. (During this they move to the left and change places. The second time, the first three dances with the third three. The third time, the first three dances with the first three of the next set, and the second three with the third, etc. Every time a new three begins.)

"JÄGERQUADRILLE
(Hunter Quadrille)

SOURCE: Folk Dance Federation of CaliforniaRECORD: Rondo RFD 10A
"Jägerquadrille"

NATIONALITY: German

SKILLS: *Step hops, *skips, "hunter" step, lunge, *walking, *sliding
(The * indicates these steps are described in Folk Dances From Near and Far.)

FORMATION: Line of three, one man and two ladies

SHEET MUSIC:

Position: A set of three lines, one behind the other, facing forward.
In line of three, inside hands joined about shoulder high.
Women have outside hands on hips. Keep sets compact with space between sets

Start:

TEMPO 2/4

DANCE:

- | <u>Measures</u> | <u>Figure</u> |
|-----------------|---|
| A. 1-8 | I. BACKWARD AND FORWARD
All lines of three dance backward, with 8 step-hops, starting on left foot.
The free leg swings slightly forward. |
| 1-8 repeated | All dance forward with same step, starting with stamp on left foot. |
| B. 1-8 | II. "HUNTER STEP"
All face center man, (including his 2 partners). He faces the right lady in the first line and both dance 8 "Hunter" steps. On the last measure man jumps 1/2 turn left. (The "Hunter" step is a hop with alternate toe touching forward; i. e., Hop on left foot touching right toe lightly to floor in front, jump with feet together. Hop on right touching left toe lightly to floor in front, jump with feet together. (The man may do this step with vigor; the woman does it quietly.) Hands are on hips. |
| 1-8 repeated | Center man is now facing left lady in third line. They dance 8 "Hunter" steps. On last step man again jumps 1/2 turn left to face right lady, in first line. |
| C. 1-8 | III. HAND TOUR OF CENTER DANCER AND TWO CIRCLES
Center man and right lady in first line join both hands and skip left around. Left lady in third line turns right in place with skips. Man in first line joins hands with left lady in first and second line and circles left 16 skips. Man in third line joins hands with right lady in second and third lines and circles left 16 skips. |
| 1-8 repeated | Center man joins hands with left lady of third line and skips around to left. Right lady of first line turns right in place. The two circles reverse direction. |
| A. 1-8 | IV. Repeat BACKWARD AND FORWARD as in Figure I (16 measures). |
| 1-8 repeated | |
| B. 1-8 | V. Repeat "HUNTER STEP" as in Figure II (16 measures), except center man dances first with left lady in first line and then right lady of third line. |
| 1-8 repeated | |
| C. 1-8 | VI. Repeat "HAND TOUR WITH TWO CIRCLES" as in Figure III (16 measures). Center man dances 2 hand turn with first the left lady in first line then the right lady in third line. The two circles are formed by man in first line with right lady in first and second lines. Man in third line with left lady in second and third lines. |
| 1-8 repeated | |
| A. 1-8 | VII. BACKWARD AND FORWARD as in Figure I (16 measures). |
| 1-8 repeated | |

JAGERQUADRILLE cont. -

- B. 1-8 VIII. "HUNTER" Step as in Figure II (16 measures). Center man dances first with right partner then left partner.
- 1-8
repeated
- C. 1-8 IX. HAND TOUR WITH TWO CIRCLES as in Figure III (16 measures). Center man dances two hand turn first with right partner then with left. Two circles are formed by entire first line and entire third line.
- 1-8
repeated
- A. 1-8 X. BACKWARD AND FORWARD as in Figure I (16 measures)
- 1-8
repeated
- B. 1-8 XI. MEN'S LUNGE STEP
Center man faces man in first line, arms folded across chest; both lunge forward, right foot in front, almost bumping right shoulders. Jump back with feet together; lunge forward, left foot in front, jump with feet together. Repeat right, left. Center man turns quickly around left to face man in third line and repeats lunge steps with him.
- 1-8
repeated XII. "HUNTER" STEP AROUND CIRCLE
Center man faces right lady in first line and does one "hunter" step with her (right, together). He faces man in first line and does one "hunter" step with him (left, together). He continues turning to his left starting one dancer after the other until all are dancing.
- C. 1-8 XIII. CONCENTRIC CIRCLES
The three men step to the center, and with upper-arm-hold circle left with 16 walking steps. Ladies join hands in outer circle and dance 16 sliding steps to left.
- 1-8
repeated XIV. TOWER AND HEDGE
Ladies reverse directions and slide right, men continue walking left. On last measure men raise joined hands upward and close together to form the "Dancer's Tower". Ladies keep joined hands outstretched below shoulder height to form the "Hedge". All dancers hold this position for a moment.

STAR TRI-DRILLE

SOURCE: Sets in Order, Oct. '53RECORD: Barcarole, Lloyd Shaw
131

NATIONALITY: American

SKILLS:

SHEET MUSIC: Barcarole from
Tales of Hoffman

FORMATION: Line of three, two ladies, one man, man in center

Position: Can be danced in sets of threes scattered over the floor, or three sets of threes can form in groups of nines forming a triangle, "couples" facing toward center of their own groups, in groups of nine. FIRST "couple" is that line with backs to center space around which the groups are operating. Each "couple" holds their joined hands up and to the outside and remains perfectly motionless until time to become active.

Start:

DANCE:

<u>Measures</u>	<u>Figure</u>
1-2	FIRST CHORUS FIRST "couple", man left foot and lady right foot, balance forward to center and back swinging hands forward and up high and then back. Other "couples" remain motionless.
3-4	"Couple" two repeats 1-2. Other "couples" remain motionless.
5-6	"Couple" three repeats 1-2. Other "couples" motionless.
7-8	All three "couples" repeat 1-2.
9-16	All facing to left, form right hand star, ladies place left hand on left hip, palm out, man places his left hand on the lady's left, and this lady is his present new partner. Now - all starting left foot and travel around in this star formation 24 short running steps to these 8 measures complete two revolutions with man finishing in home starting position.
17-18	Retain star formation and all balance forward on left foot and backward on right foot.
19-20	Men still holding with left hand and retaining their star, balance forward and backward left-right. Ladies will take six running steps to outside rim of star.
21-22	Retaining formation repeat 17-18.
23-24	Men run out, ladies run in. Six steps. Three men are forming star in the center space, ladies forming a star in their own group, and two men on the rim of each group.
25-26	Retaining formation repeat 17-18.
27-30	All men release left hands. The three men in center space retain their star. Men balance forward and back twice. The three ladies in each group take 12 running steps in star formation making one revolution back to man with whom they have been operating.
31-32	Men now take lady's left hand in his left placing right arm around lady's waist and place her to face center of each group, same as a place in square dancing after a ladies chain.

SECOND CHORUS

Repeat all of first chorus with number two "couple" starting the balance followed by "couple" three and then "couple" one.

BREAK

1-2	With inside hands joined, man's right lady's left, man right foot lady left foot balance together to face and balance away.
3-4	Releasing hands, change sides, lady crossing in front of man, man stepping right, - left-right touch left, lady left-right-left touch right.
5-6	Repeat 1-2 with opposite hands joined and opposite footing.
7-8	Repeat 3-4 to original position.

STAR TRI-DRILLE cont. -

THIRD CHORUS

Repeat all of first chorus with third "couple" starting the balance.

Repeat all of break

ENDING

With inside hands joined all step to center, swing opposite foot over to center, then facing partner with both hands joined, step to outside and swing free foot over to outside, step inside swing free foot over to inside, step to outside swing free foot over to outside, turn the girl under left arm to center of group, girls do a very low pin cushion curtsey, men on the outside.

by Bill Shymkus Chicago

TRE KARL'S POLSKA

SOURCE: Swedish Folk Dances, page 13
Dances of the People, by Burchenal, page 40

RECORD: Kismet 164

NATIONALITY: Swedish

SKILLS: running steps, Ostgota steps

FORMATION: Line of three, two ladies and one man, man in center

Position: Three parallel lines of three. The two outside lines facing each other, the middle line facing the right line as seen from the side.

Left	Middle	Right	alternate grouping on the floor:
l 0	l 0	l 0	
i X	i X	i X	0 X 0
n 0	n 0	n 0	0 X 0
e	e	e	0 X 0

Four steps between the lines; the men hold the hands of their partners arms half raised. Free hand on hips. When dancing, the man places hands at his partner's waist and she places both hands on his shoulders.

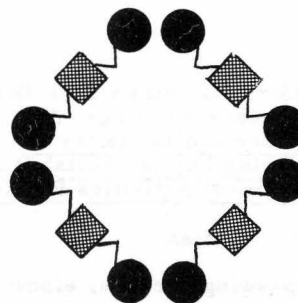
Start:

DANCE:

MeasuresFigure

- 1-8 I. The Middle line and the line on the right advance toward each other with three steps and halt with appel, then return backward with three steps to place. Middle line releases hands and faces about, join hands again and advances with Left line three steps, halt with appel. Retire to place, Middle line faces about to original position.
- 9-12 II. The man in the Middle line runs three steps toward the lady of the right line, who stands on the left side of her partner, makes three appels with both feet at the same time, the first time with right, the second time with left, and the third time with right foot in front.
- 13-16 Then he dances two turns with her.
- 9-16 He runs, beginning with left foot, three steps to the lady of the Left line, who stands on the left side of her partner; makes three appels, dances around two turns, moves toward place.
- 1-8 Still holding the lady's right hand in his left, he takes with right hand the left lady of the right line and dances in a circle with both a couple of turns in his own place. The other men dance in a circle with the ladies on their right and the one to the right of them in the Middle line. All return to place.
- 1-8 REPEAT I
- 9-16 The center man in the Middle line dances in the same manner as described in II with the right lady of the right line,
- 9-16 with the right lady of the Left line,
- 1-8 then dances in a circle with both. The other two men dance in a circle with the ladies on their left and the one to the left of them in the Middle line. All return to place.
- 1-8 Repeat I.
- 9-16 The man in the Middle line dances in the same manner as described in II, first with the partner on his right
- 9-16 then with the one on his left
- 1-8 and then dances in a circle with them. The other two men dance in a circle with their partners. All return to place.
- 1-8 Repeat I.
- 9-16 The man dances as described in II, first with the man of the Right line,
- 9-16 then with the man of the Left line.
- 1-8 Men dance in a circle, each man placing his right arm over the left arm and behind the back of the man on his right, taking with his right hand the left hand of the man on his left. At the same time all the ladies, hands joined, dance in a circle twice around the men.

Twelves



"Twelves" are quadrilles for threes which are seldom used but can be most enjoyable. Previous square or quadrille experience will be most helpful when doing "Twelves."

Z A H R A D N I C E K
(The Gardner)
(Ohorodnik)

SOURCE: Imperial Folk Dance Album

RECORD: Imperial 1091

NATIONALITY: Czech

SKILLS: Walk, hand turns

SHEET MUSIC: Folk Dances and Games, by Caroline Crawford
page 79

FORMATION: Line of three, one man and two ladies, man in center

Position: Four lines of three to form a SQUARE of twelve people. Sides of the SQUARE numbered one, two, three and four. All face the center of the SQUARE.

Start: Man places an arm around the waist of each partner. Ladies place inside hands on man's nearest shoulder, outside hands on hips.

DANCE:

Measures

Figure

- | | |
|-------|--|
| 1-4 | I. ONE AND THREE FORWARD AND BACK
Lines one and three go forward with the following step:
right, close left, right. Place the left toe behind the right foot and bow to opposite line. One and three return to place with the same step. |
| 5-8 | TWO AND FOUR FORWARD AND BACK
As lines one and three return to place, lines two and four go forward in the same manner. |
| 9-12 | ONE AND THREE FORWARD AND BACK
As lines two and four return to place, lines one and three go forward. This time lines two and four stand in place as lines one and three return to place. |
| 13-16 | TWO AND FOUR FORWARD AND BACK
II. LEFT HAND LADY WITH THE RIGHT ARM ROUND
The man turns his left hand partner with the right arm once around with four running steps. |

RIGHT HAND LADY WITH THE LEFT ARM ROUND

Repeat three more times - each lady is turned four times in all.

NOTE: The Ukrainian dance Ohorodnik, Sonart Album M 9, is very similar to the Zahradnicek and can be found in Folk Dances for All, by Michael Herman

ZASIALI GORALE
(Trojak)

SOURCE: Morry Gelman's Folk Dance Institute, St. Cloud
Teacher's College, June 18-23, 1951
Dance and Be Merry II
Having Fun the Polish Way, page 41
Physical Activities for Elementary Schools, page 145

RECORD: Folkraft 1090 1417
Folk Dancer MH 3009

NATIONALITY: Polish

SKILLS: step-swing, arches, elbow turn

SHEET MUSIC: Having Fun the
Polish Way, page 40
PAES, page 144

FORMATION: Lines of three, man in center, arranged either in a line down the center of the floor or in a large circle facing counter clockwise. Also as a SQUARE of twelve with three on a side.

Position: Hands joined in lines, elbows bent, hands at shoulder height. Outside hands on hips.

Start: All on right foot.

DANCE:

Measures Figure

Part I - 3/4 time remaining Parts 2/4 time

A 1-8 I. STEP, SWING, AND; STEP, SWING, AND; STEP, SWING, etc.
Step on right foot, hop very slightly on right foot, at the same time swing the left foot across in front of right foot. Step on left foot and swing right foot across in front of left foot. Repeat step-swings, one for each measure, for eight measures of music.

9-16 BACK, SWING, AND; BACK, SWING, AND; BACK, SWING, etc.
Same as above but moving backward.

B 17-19 II. RUN, TWO; THREE, FOUR; FIVE, SIX
With two steps to the measure, run forward six steps.

20 STAMP, STAMP, STAMP
Stamp three times in place.

21-23 BACK, TWO; THREE, FOUR; FIVE, SIX

24 STAMP, STAMP, STAMP

25-32 Repeat measures 17-24

1-8 I. Repeat Part I

17-19 III. LEFT HAND ARCH, RIGHT LADY UNDER
The man and left hand lady make an arch; the right hand lady runs under the arch and around the man to place (six steps); the man turns under his own arm.

20 STAMP, STAMP, STAMP
All do three stamps in place.

21-23 RIGHT HAND ARCH, LEFT LADY UNDER
The left hand lady now goes under the arch formed by the man and the right hand lady.

24 STAMP, STAMP, STAMP

25-32 Repeat measures 17-24

1-8 I. Repeat Part I

17-19 IV. RIGHT ELBOW TURN
Release hands. Man and right hand lady clap own hands, hook right elbows and run around each other and back to place.

20 STAMP, STAMP, STAMP
All do three stamps in place.

ZASIALI GORALE cont. -

- 21-24 LEFT ELBOW TURN
Man and left hand lady clap own hands, hook left elbows and run around each other and back to place.
- 25-32 Repeat measures 17-24
- 1-8 I. Repeat Part I.
- 17-20 V. RIGHT LADY VISIT
Release hands. Man stands still while the right hand lady runs in front of the man to the left hand lady, both nod to each other, she backs up to place, all three stamp three times.
- 21-24 LEFT LADY VISIT
The left hand lady repeats above.
- 25-32 Repeat measures 17-24
- 1-8 I. Repeat Part I.
- 17-20 VI. MAN GO ROUND THE RIGHT HAND LADY
Release hands. The man, with six steps, runs in front and around the right hand lady and back to place; all stamp three times.
- 21-24 MAN GO ROUND THE LEFT HAND LADY
Repeat above with left hand lady.
- 25-32 Repeat measures 17-24
- 1-8 I. Repeat Part I.
- 17-20 VI. LADIES TURN IN
Inside hands joined and raised high above the shoulders, both ladies turn in place toward the man, with six steps. All stamp three times.
- 21-24 LADIES TURN OUT
Repeat above with the ladies turning the opposite direction.
- 25-32 Repeat measures 17-24

NOTE: There are many authentic figures in this dance and those described above are but a few of them. The music is divided into two sections. A is in 3/4 time and figure is done the same way throughout the dance. B is 2/4 time and the figures for this part always change.

ZEELAND QUADRILLE
(The Dancers of Zeeland)

SOURCE: Dance Lightly, page 22

RECORD:

NATIONALITY: Dutch

SKILLS: Circle, star

SHEET MUSIC: see source

FORMATION: Four lines of three, odd person in the center, forming a SQUARE.

Position: All hands joined.

Start: All to the left with the left foot

DANCE:

<u>Measures</u>	<u>Figure</u>
1-8	I. CIRCLE LEFT All join hands and circle left with running steps. CIRCLE RIGHT
1-2	II. INTO THE CENTER All run eight steps to the center of the square, moving arms forward and upward.
3-4	AND OUT Eight running steps back to circle formation.
5-8	Repeat measures 1-4
1-4	III. CENTER PEOPLE RIGHT HAND CROSS (BOYS) Center people form a right hand cross, run TWICE around and back to place while the others clap hands.
5-8	OUTSIDE PEOPLE LEFT HAND CROSS (GIRLS) The outside people form a left hand cross, run ONCE around and back to place while the center people clap hands.
1-4	IV. BOYS FACE RIGHT, JOIN HANDS WITH THAT GIRL AND STEP-KICK Boys step on left foot and the girls on the right. The other girl claps hands in rhythm.
5-8	Repeat the above step-kick with the girl on the left
1-8	V. Repeat Figure III
1-8	VI. Repeat Figure II
1-8	VII. Repeat Figure I

DANCERS OF ZEELAND

SOURCE: Singing Feet, page 33

NATIONALITY: Dutch

SKILLS: mill, figure eight, walk

SHEET MUSIC: see source

FORMATION: Line of three, odd person in center. Four lines in a SQUARE

Position: all hands joined

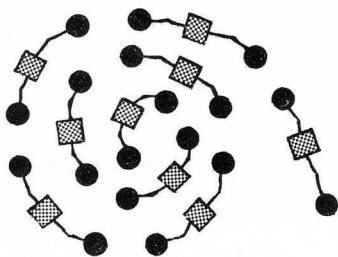
Start: all left

DANCE:

<u>Measures</u>	<u>Figure</u>
1-4	I. CIRCLE LEFT All join hands in a large circle and run to the left.
5-8	CIRCLE RIGHT
1-2	II. THE "FOUR" GATES INTO THE CENTER AND BACK The lines of three form a square with three people on each side. The lady at the left joins left hands with the man; the lady at the right joins right hands with the man; the two ladies join "inside" hands behind the man's back. All four groups move to the center with 8 running steps as the ladies bring their joined inside hands forward over the man's head.
3-4	All move backward to home position as the ladies bring their joined inside hands backward over the man's head.
5-8	REPEAT FORWARD AND BACK
1-8	III. THE FOUR MILLS Each line of three joins right hands and mills to the right finishing with lines radiating from the center of the set.
1-4	IV. THE CROSS In each line the man stands in the center facing the inside lady. They join both hands and do a cut-step sideward, man beginning left, lady right. On the last count the man claps his hands once and turns to the other lady.
5-8	REPEAT with the outside lady who has faced toward the center to watch the inside lady and the man dance.
1-8	V. CHAIN OF THREE The three dancers in each run in a chain without joining hands (the ladies facing the man, the man facing the inside lady). The man crosses his arms on his chest. The man and inside lady pass right shoulders, then the man and outside lady pass left shoulders. The ladies follow the same figure eight pattern. Finish with the man at the right of the line of three and the outside lady in the center with the inside lady temporarily on the outside.
1-8	VI. THE CROSS With the center lady dancing as the man did in Figure IV.
1-8	VII. CHAIN OF THREE Chain as in Figure V. The center lady and the man pass right shoulders, etc., and finish with the original inside lady in the center of the line, the original outside lady on the inside, and the man on the outside.
1-8	VIII. THE CROSS The center lady dances as the man did in Figure IV.
1-8	IX. CHAIN OF THREE Chain as in Figure V. Finish with all in original positions. Lines fall back home to form a hollow square as in Figure II.
	X. FOUR MILLS Repeat Figure III.
	XI. CIRCLE Circle left and right as in Figure I.

NOTE: cut-step Step left, letting Right sideward or forward as directed. Repeat stepping right.
Hop may be added on step.

The figure eight in the chain of three is similar to the English "hey".



Variations

Square Dance Threes

Man with two ladies on his right

Alabama Jubilee	Win 7103 Mac 640	Manana	Win 7107
Animal Fair	F. Dancer MH 1516	Marching Thru Georgia	Folkraft 1216
Bell Bottom Trousers	O. Timer 8056 Folk Dancer MH 1516	Nelly Bly	Folkraft 1057
Bonaparte's Retreat	Longhorn 102	Northern Lights (Blackberry Quadrille)	Victor 45-6184
Buddy Not A Sweetheart	Folk Dancer 1088	Oh Johnny	Decca 40246
Bye Bye Blues	Mac 705	Oh Lady Be Good	Hoedown 302
Captain Jinks	World of Fun 103	Oh Susanna	Vic 45-6178
Climbing Up the Golden Stairs	Folk Dancer MH 1517	Pop Goes the Weasel	World of Fun 104
Darling Nelly Gray	Win 7136	Rambling Wreck	Win 7104
Dixieland Square (Is It True What They Say About Dixie)	Win 7149 Mac 733	Red River Valley	Mac 666
El Rancho Grande	Old Timer 8020	She Didn't Know the Gun Was Loaded	Win 7147
Farmer's Daughter	Win 7101	Silver Bells	Old Timer 8008
Gonna Lock My Heart	Mac 713	Simple Mustard	Mac 684
Grandfather's Clock	Hoedown Hall 2010	Solomon Levi	Mac 614
Heart Of My Heart	Win 7134	Spanish Cavalier	Old Timer 8055
Hey Good Looking	Mac 741	Swing with Lu	Sunny Hills A C 143
Indian Style	Folkraft 1151	Tennessee Polka Square	Wes. Jub. 511
Irish Washerwoman	World of Fun M 103 Vic 45-6178	Trail of the Lonesome Pine	Win 7145
Little Red Caboose	Win 7121	Tweedledee Dee	Longhorn 111
Little Schoemaker	Win 7141	Wabash Cannon Ball	Mac 614
		Wearing of the Green	Old Timer 8071 Shaw 139 Linden 146

Patter call ideas

Taken from Square Dance calls that lend themselves to the idea of Swinging Threes.

Appalachian fig.

Lady R. Lady Gent R. Gent

All star figures

All. thar

Clutch

Alabam (Hot Time)

Wash Clothes (Estes Whirl)

Birdie in cage

Basket Figures

Divide the Ring

Swing at the wall

All visiting calls

Red Hot etc.

Texas Cyclone (Oklahoma Whirl)

Alamo style

Grapevine twist

Travel on

Take a peek

Forward Six Variations

Cross Sails - Bill Owens

Four Cavaliers - Rod LaFarge

Little Caboose - Al Rosenberg

New Waggoner

There She Is - Luke Raley

Wagonwheel Around - Charlie Thomas

Pokey 6 and Pokey 9 - Shaw

3 Three's

Suggestions for Square Dances

Buffalo Boys and Gals

Captain Jinks Quadrille

Irish Washerwoman

Life on Ocean Wave

Right Hand-Up-Left-Under

Yorkshire Square Eight

Broken Circle

Greek
Syrtos

Greek
Hasapikos

Armenian
Sarba

Roumanian
Kolos

Epirotiko

Mandinades

Laz Bahr
Tamzara

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